



Yoga Socks

These Yoga Socks are **comfortable** and **quick** to knit since they are only made of ribbing. You can make the leg and the foot **as long as you want** but keep in mind that your feet shouldn't be too covered up since you don't want to lose your grip while doing yoga.

MATERIALS

Yarn: Standard Sock Yarn (here: Regia Design Line "Random Stripe" in color no 2904 Delphinium)

Gauge: 30 stitches and 42 rows to 10 cm

Needles: Double Pointed Knitting Needles in 2.5 mm / 15 cm (or bigger if you want a looser fit)

Be aware: Everyone knits differently! For me the above numbers worked great with the amount of stitches that I casted on but if you are unsure you should definitely try on your sock a few times while knitting to make sure that it still fits.

DEFINITIONS

K = Knit

P = Purl

K2Tog TBL = Knit 2 stitches together through back loops

CUFF & LEG

Cast on all of the stitches (*see table below*), then K2 P2 until the leg is long enough.

Shoe Size	Amount of Stitches	Leg Length
32-35	60	15 cm
36-39	64	16 cm
40-43	68	17 cm
44-45	72	18 cm
46-47	76	19 cm

HEEL

We will continue in K2 P2 while binding off the first half of the stitches.

Binding off:

There are two options on how to bind off, depending on how loose you are knitting. If the socks are fitting looser, you can bind off with method no 1, otherwise use method no 2.

Continue in K2 P2 while binding off, so K 1, then:

Method No 1:

* K 1, pass first stitch over second stitch
P 1, pass first stitch over second stitch
P 1, pass first stitch over second stitch
K 1, pass first stitch over second stitch *

Method No 2:

*

K 1, slip stitches back onto left needle, K2Tog TBL
P 1, slip stitches back onto left needle, K2Tog TBL
P 1, slip stitches back onto left needle, K2Tog TBL
K 1, slip stitches back onto left needle, K2Tog TBL
*

Repeat these *4 steps* of your chosen method until you have binded off half of the stitches and knitted or purled the first stitch after the first half.

K2 P2 the rest of the round.

FOOT & TOE

We only have one half of the stitches left (in my case 32 stitches).

To knit the foot, we have to cast the stitches of the first half back on.

This is best shown in video, but I will try to describe it.

* Hold the yarn in your left hand as usual and insert your left thumb from above to create a loop around the left thumb.

Insert your needle into the loop around the thumb and let the loop slide onto your needle. *

Repeat *that* until you have casted all of the stitches back on (in my case 32 stitches). Be careful not to cast on too tightly!

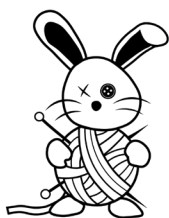
K2 P2 the rest of the round.

K2 P2 until the foot is finished. I make mine 8 cm long.

After that bind off all of the stitches in the same way as you did for the heel, cut the yarn and pull it through the only remaining stitch.

Done!

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