

## Vee's Yoga Footies

<http://www.allyssite.com/2011/03/yoga-footies-knitting-pattern/>

These women's ankle length footies without a heel or toes allow you a better grip on the yoga mat and can also be worn, if you desire, with flip flops.

The pattern was inspired by my daughters who do not like mid-calf length socks and wanted something stylish to wear at the gym. The knit and purl pattern in the foot of the sock was inspired by [Paton's Yoga Socks to knit](#) but you can substitute any stitch pattern in the foot.



Size 2 dpn's

100 yards Sock yarn ( I used Premier Yarns, Serenity Sock Weight in Amethyst)

Gauge 18 stitches x14 rows= 2"

Cable cast on 64 stitches and knit 1x1 rib for 1 ½"

Next round evenly increase by 6 stitches (72 stitches)

Next round – bind off loosely the first 36 stitches and finish round in 1x1 ribbing.

Cable cast on 36 stitches and rejoin in round.

Continue 1x1 ribbing for 5 more rows.

On this next round decrease 6 stitches evenly around. This is the only time you will do this in this row of the pattern.

Continue with pattern below.

**Round 1** – Knit all

**Round 2**- K1, P3. Repeat around

**Round 3**- Knit all

**Round 4**- K1, P3. Repeat around

**Round 5**- Knit all

**Round 6** – P2, K1, P1. Repeat around

**Round 7** – Knit all

**Round 8** – P2, K1, P1. Repeat around

Continue until work measures 2 ½” . Make sure to end by completing a knit all round (one of the odd # rows)

1×1 ribbing for 5 more rows.

Bind off and weave in ends.

Make 2<sup>nd</sup> sock.