



Yoga Leg Warmers

No. 2003-193-8457

Materials:

1 skein of Twister Solid, col. 108

Double pointed needles US size 2.5 (3 mm)

Buy the yarn here:

<http://shop.hobbii.com/yoga-leg-warmers>

Sizes:

28/32 (33/36) 37/40 (41/44) 45/48

Knitting gauge in rib knit

40 stitches on 4" (10 cm)

30 rows on 4" (10 cm)

Pattern

Leg and foot

Cast on 48 (54) 60 (66) 72 sts with knitted cast on technique and divide the sts on 4 needles.

Knit in the round in rib *knit 1, purl 1*.

Knit until the work measures approx. 10.2 (11) 13.4 (14.2) 15 inches (26 (28) 34 (36) 38 cm).

Bind off the first 24 (27) 30 (33) 36 sts in rib. Knit rib over the remaining sts. Over the bound off sts knit up 24 (27) 30 (33) 36 sts using the knitted cast on technique. Continue in rib as previously.

Knit until the work measures 2.8 (3.2) 3.5 (4.3) 4.7 inches (7 (8) 9 (11) 12 cm) (or until you think the leg warmer has the right length. It is important that toes and forefoot are not covered by the sock, so you have a firm grip on the foundation, when doing yoga).

Bind off in rib.

Knit one more leg warmer.

Happy knitting!

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