



Alpaca Yoga Socks

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Materials 50g Coco Alpacas Double Knit
3.75mm straight knitting needles
Needle for sewing

Abbreviations

rep: repeat

sts: stitches

k: knit

p: purl

patt: work the stitches as dictated by the pattern

Tension is not important as these socks are extra stretchy

Measurements (unstretched)

Total Length: 21cm/ 8.25"

Length of foot: 9.5cm/ 3.75"

Length of cuff: 9.5cm/ 3.75"

Notes

- As these socks don't have any toes or heels they are one size fits most, but if you do want them longer or shorter, then work to your own measurements.
- When casting off it needs to be very loose, you may find it useful to use a larger needle for casting off.
- When sewing the side seams I have allowed for one stitch to be used to create a neat seam.



Pattern

Foot

- Cast on 45sts using the backward loop method
- Row 1: (k2, p2) rep to last st, k1
- Row 2: p1, (k2, p2) rep to last 2sts, p2
- The last 2 rows form k2p2 rib patt, rep last 2 rows until piece measures 9.5cm/ 3.75"

Heel

- Heel Row 1: Cast off 29sts loosely whilst keeping in patt, work to end
- Heel Row 2: p1, (k2, p2) rep to last 3sts, k2, p1
- Heel Row 3: k1, (p2, k2) rep to last 3sts, p2, k1
- Heel Row 4: As Heel Row 2

Ankle

- Using backward loop method cast on 29sts (*these stitches will sit where the ones you cast off were*)
- Row 1: (k2, p2) rep to last st, k1
- Row 2: p1, (k2, p2) rep to last 2sts, p2
- The last 2 rows form k2p2 rib patt, rep last 2 rows until piece measures 9.5cm/ 3.75"
- Cast off all sts loosely, whilst keeping in patt

Finishing

Sew side seams using a flat ladder stitch, whilst matching up the rows. Make sure to leave a 3 row gap where the heel will sit.



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