

Last-Minute Lace Yoga Socks by Mary Keenan

These socks are a fast, fun knit – the perfect gift for a cold-footed friend who needs bare heels and toes to grip the floor while exercising.



Materials

3.25 mm dpns (or size to obtain gauge)
Approximately 105 (130, 150) yards of Mirasol Nuna (Merino Wool, Silk, Bamboo)

Gauge

Lace Rib Stitch: 24 stitches and 34 rows over 4"

Notes

Silk stretches during blocking and wear; if substituting yarns without silk, go up a size.

Check gauge from a blocked swatch.

Measure around foot just forward of the arch:
S = 8" (M = 9", L = 10")

Fits up to size 9; for a longer sock, allow 4 (4, 4.5) yards per 4-row repeat.

Abbreviations and Descriptions

K: knit; **P:** purl; **st(s):** stitch(es)

K2tog: k two sts together (decrease)

ssk: slip slip knit (decrease)

yo: yarn over (increase)

Cast on knitwise: k next st without moving it to the right; pull away with the right needle until you can twist new loop and set it back onto the left.

Repeat until you have the required number of sts.

Directions

Cast on 42 (48, 54) sts; divide across 3-4 needles, place marker, and join to work in the round.

Rows 1-7: *K2, P1; repeat to end of rnd

Row 8: *K2tog, P1, K2, P1; repeat to end of rnd – 35(40, 45) sts

Ankle Row 1: *K3, P2; repeat from * to end of rnd

Row 2 *K1, yo, ssk, P2; repeat from * to end of rnd

Row 3 *K3, P2; repeat from * to end of rnd

Row 4 *K2tog, yo, K1, P2; repeat from* to end of rnd

Repeat these four rounds 4 times more (2.5")

Heel Rows 1, 3: [K3, P2] 2 (3, 3) times, K3, [P1, K1] 11 (11, 13) times, P0 (0, 1)

Row 2: [K1, yo, ssk, P2] 2 (3, 3) times, K1, yo, ssk, [P1, K1] 11 (11, 13) times, P0 (0, 1)

Row 4: [K2tog, yo, K1, P2] 2 (3, 3) times, K2tog, yo, K1, [P1, K1] 11 (11, 13) times, P0 (0, 1)

Row 5: [K3, P2] 2 (3, 3) times, K3, cast off all remaining sts in the round in P1 K1 rib (at the end of the row, remove marker to loop final st over first st of next round) – 3 (18, 23) sts

Row 6: [K1, yo, ssk, P2] 2 (3, 3) times, K1, yo, ssk

Row 7: [P3, K2] 2 (3, 3) times, P3

Row 8: [K2tog, yo, K1, P2] 2 (3, 3) times, K2tog, yo, K1

Row 9: Turn work and cast 22, (22, 26) sts knitwise onto left needle. Working back across them, [P1, K1] 11 (11, 13) times, P0 (0, 1), [P3, K2] 2 (3, 3) times, P3 – 35 (40, 45) sts

Row 10: [K1, yo, ssk, P2] 2 (3, 3) times, K1, yo, ssk, [P1, K1] to last st, P0 (0, 1)

Foot Distribute sts evenly on three or four needles, place marker, and join.

Row 1: [K3, P2] 2 (3, 3) times, K3, [P1, K1] 11 (11, 13) times, P0 (0, 1)

Row 2: [K2tog, yo, K1, P2] 2 (3, 3) times, K2tog, yo, K1, [P1, K1] 11 (11, 13) times, P0 (0, 1)

Row 3: [K3, P2] 2 (3, 3) times, K3, [P1, K1] 11 (11, 13) times, P0 (0, 1)

Row 4: [K1, yo, ssk, P2] 2 (3, 3) times, K1, yo, ssk, [P1, K1] 11 (11, 13) times, P0 (0, 1)

Row 5: [K3, P2] 2 (3, 3) times, K3, [P1, K1] 11 (11, 13) times, P0 (0, 1)

Row 6: [K2tog, yo, K1, P2] 2 (3, 3) times, K2tog, yo, K1, [P1, K1] 11 (11, 13) times, P0 (0, 1)

Repeat rounds 3-6 inclusive four times more for a total of 20 rows.

Toe Rows 1-4: [K1, P1] 0, (2, 2) times, [K2, P1] 4 (3, 4) times, [K1, P1] to last st, K0 (1, 1)

Row 5: Cast off loosely in rib pattern as set.

Finishing Run in ends and block.