

Om Nava Shívaya - Yoga Mat Bag



A soft but durable bag for getting your yoga mat back and forth to class. Construction includes minimal finishing and no seams, and fun lace pattern reminiscent of every yogi's favorite inversion... Downward-Facing Dog!

Skills Needed:

- Knitting in the round, either traditional or magic loop
- I-cord
- Basic lace knitting
- Grafting (Yeah, I know. Suck it up, it's only three stitches!)

Materials:

- 3 skeins Takhi Cotton Classic in a color to match your karma. :)
- 1 set US 6 dpns (or 32" circ if you prefer magic loop)
- 1 set US 7 dpns (or 32" circ if you prefer magic loop)
- 1 small stitch holder or safety pin
- Stitch markers
- Tapestry needle for weaving in ends

A Note Regarding Gauge:

As with most bag-type things, gauge is not super important to turning out a nice finished product. However, it might affect the amount of yarn you need. Handle with caution. Pattern was written for 20 sts and 28 rows to 4 inches over lace pattern on size 7 needles.



Bag bottom:

With the smaller needles, CO 8 sts. Join for working in the round, placing a marker at the beginning so you don't get lost.

- Round 1 (and all other odd rounds): Knit.
- Round 2: Kfb in all stitches. 16 sts.
- Round 4: [K1, kfb] 8 times. 24 sts.
- Round 6: [K2, kfb] 8 times. 32 sts.
- Round 8: [K3, kfb] 8 times. 40 sts.
- Round 10: [K4, kfb] 8 times. 48 sts.
- Round 12: [K5, kfb] 8 times. 56 sts.
- Round 14: [K6, kfb] 8 times. 64 sts.
- Round 16: [K7, kfb] 8 times. 72 sts.
- Round 18 is weird: [K17, kfb] 4 times. 76 sts.



Changing to the larger needle, use the backwards loop cast-on (tutorial [here](#)) to CO 3 sts with the working yarn. Push these stitches to the right-hand end of the needle to get them ready to be worked. Now here's the tricky part:

- K2 sts. Easy.
- Sl 1 st knitwise. No more stitches on left-hand needle.
- With right side of circle facing, Sl 1 st from edge of circle onto working needle, and knit that slipped st together tbl with the previous slipped st. 1 st from circle bound off.
- Push three sts back to the right-hand end of that larger working needle, and repeat until all sts of the circle edge have been bound off in the same fashion.

Congratulations. You have just completed an i-cord bind-off.

Strap:

So you should now have three stitches left on the larger needle. Slip them onto the smaller needle, and work i-cord for 60 inches. Shorter folks might want to amend that number down to 57 inches, taller folks knit up to 64. It's up to you. When you finish, you have what looks like a bizarre yarn yo-yo. This is normal. Pass your three sts onto a small stitch holder or safety pin and break yarn, leaving a 12" tail for grafting. And you might want to roll up all that i-cord and fasten it away somehow to make working the body of the bag easier.

Bag Body:

With the larger needle and the right side of your circle facing you, pick up and knit 71 sts in the back of the i-cord bind off. Join for working in the round, placing a marker at the beginning so you don't get lost. The lace pattern used has a bit of a jog at the beginning of the round, so I found it nicest to start my picking up (hence the start of said round) where I left off with the i-cord bind-off so that the strap will mask it when the bag is finished.

K 4 rows in garter stitch, then begin the lace pattern. You will knit 24 inches from the picked-up edge, which translated to 12 repeats with my gauge. But don't take my word for it... measure your work!

Adho Mukha Lace Pattern

(Multiple of 14 sts + 1)

Row 1: p2tog, yo, k11, [yo, p3tog, yo, k11] to last 2 sts, yo, p2tog.

Row 2: p1, [k13, p1] to end.

Row 3: p2, yo, skp, k7, [k2tog, yo, p3, yo, skp, k7] to last 4 sts, k2tog, yo, p2.

Row 4: p2, k11, [p3, k11] to last 2 sts, p2.

Row 5: p3, yo, skp, k5, k2tog, yo, [p5, yo, skp, k5, k2tog, yo] to last 3 sts, p3.

Row 6: p3, k9, [p5, k9] to last 3 sts, p3.

Row 7: p4, yo, skp, k3, k2tog, yo, [p7, yo, skp, k3, k2tog, yo] to last 4 sts, p4.

Row 8: p4, k7, [p7, k7] to last 4 sts, p4.

Row 9: p2, p2tog, yo, k1, yo, skp, k1, k2tog, yo, k1, yo, p2tog, [p3, p2tog, yo, k1, yo, skp, k1, k2tog, yo, k1, yo, p2tog] to last 2 sts, p2

Row 10: same as **Row 6**.

Row 11: p1, [p2tog, yo, k3, yo, sl 1, k2tog, pssso, yo, k3, yo, p2tog, p1] to end.

Row 12: same as **Row 4**.

Abbreviations

CO	cast on	yo2	double yarn over
st	stitch or stitches	p2tog	purl two stitches together
k	knit	p3tog	purl three stitches together
p	purl	skp	slip 1, knit 1, pass slipped stitch over
kfb	knit into front and back of stitch	k2tog	knit two stitches together
sl	slip	pssso	pass slipped stitch over
tbl	through the back loop	BO	bind off
yo	yarn over		

After 24" have been knit from picked-up edge, knit 4 rows in garter stitch.

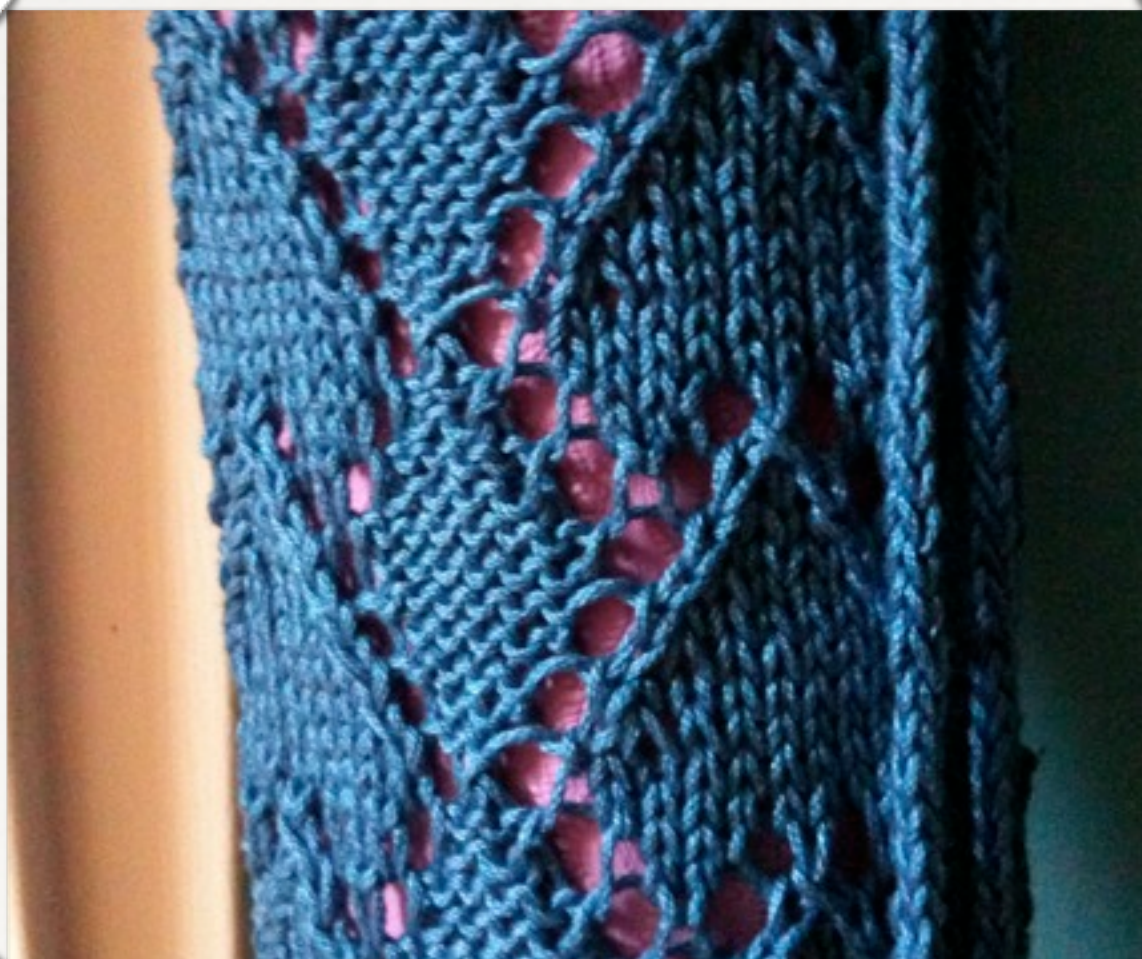
Eyelet row: [yo2, k2tog, k5, skp] to end of round.

Next round: k all stitches save the double yo's, of which the first stitch should be knit and the second purled.

Knit 4 more rows in garter stitch, then BO loosely knitwise.

String the i-cord you knit through the eyelets, then bring the held stitches back down to the start of the cord on the edge of the bag's bottom. Using a smaller needle, pick up 3 sts from the inside edge of the i-cord bindoff. Using kitchener stitch and the long tail from the held stitches, graft these picked up stitches to those you held, being careful to pull tight.

Weave in all yarn ends, fill bag with your favorite yoga mat, and be on your way!



Questions? audrey@missaudrey.net