



# Yoga Wrap Sweater & Leggings

Designed by Lisa Gentry.

**Directions are for size Small. Changes for sizes Medium, Large and Extra Large are in parentheses.**

**RED HEART® “Eco-Ways™”:** 4 (5, 5, 6) Skeins 1615 Lichen.

**Knitting Needles:** 4.5mm [US 7] and 5mm [US 8].

**Circular Knitting Needles:** 4.5mm [US 7] – 29”.

**Double Point Needles:** 4.5mm [US 7].

2 Stitch holders, yarn needle.

**GAUGE:** 17 sts = 4”; 23 rows = 4” in St st with larger needles. **CHECK YOUR GAUGE. Use any size needles to obtain the gauge.**

**To Fit Bust:** 30-32 (34-36, 38-40, 42-44)”.

**Finished Bust:** 35 (39, 42 3/4, 46 1/2)”.

**Finished Length:** 18.5 (19, 19.5, 20)”.

## SWEATER

**BACK:** With smaller needles, cast on 75 (83, 91, 99) sts.

**Row 1 (Right Side):** K1, \* P1, K1; repeat from \* across.

**Row 2:** P1, \* K1, P1; repeat from \* across. Change to larger needles and St st, begin K row, until 10.5 (10.75, 11, 11.25)” from beginning, end P row.

**Shape Armholes:** Bind off 3 (4, 5, 6) sts at beginning of next 2 rows – 69 (75, 81, 87) sts. Dec 1 st at each end of next 5 (5, 6, 6) K rows – 59 (65, 69, 75) sts. Work even until 18.5 (19, 19.5, 20)” from beginning. Bind off.

**LEFT FRONT:** With smaller needles, cast on 100 (104, 108, 112) sts. Work in K1, P1 ribbing for 2 rows. Change to larger needles.

**Shape Tie -Row 3:** K to last 15 sts; turn.

**Row 4 and all even rows:** Purl

**Row 5:** K to last 30 sts; turn.

**Row 7:** K to last 45 sts; turn.

**Row 9:** K to last 63 sts and move sts the 63 sts to a holder – 37 (41, 45, 49) sts remain.

**Row 10:** Purl.

**Shape Front Slope:** Dec 1 st at end of next row, then every 6th row AND AT THE SAME TIME when Front measures 10.5 (10.75, 11, 11.25)” at side edge, shape armhole same as Back by binding off 3 (4, 5, 6) sts at side edge, then P 1 row, then dec 1 st at same edge on next 5 (5, 6, 6) K rows. When 14 (16, 17, 19) sts remain, work even until 18.5 (19, 19.5, 20)” from beginning. Bind off.

**RIGHT FRONT:** Work same as Left Front, reversing shapings.

**SLEEVES:** With larger needles, cast on 39 (41, 43, 45) sts. Work 3 rows in St st, starting with a P row.

**Row 4 (Picot Edging for Hem):** K1, \* yo, K2tog; repeat from \* across.

Work even in St st for 1”. Shape sides by inc 1 st at each end of next row, then every 5th row until there are 59 (61, 63, 65) sts. Work even until 11.25 (11.5, 11.75, 12)” from



beginning, end P row.

**Shape Cap:** Bind off 2 sts at beginning of next 2 rows, then dec 1 st each end of next 13 (14, 15, 16) K rows. Bind off remaining 29 sts.

**FINISHING-Neckband:** Sew shoulder seams. With right side facing and circular needle, work in ribbing across 63 sts of Right Front, pick up and K70 (72, 74, 76) sts up to shoulder, 31 (33, 35, 37) sts across back neck, 70 (72, 74, 76) sts down left front to holder, work in ribbing across 63 sts of left front – 171 (177, 183, 189) sts.

**Next Row:** P1, \* K1, P1; repeat from \* across. Bind off loosely in ribbing.

Sew side and sleeve seams. Set in sleeves. Fold sleeve hem to wrong side at Row 4 to form picot edge and sew in place.

## LEGGINGS

With double pointed needles, cast on 42 (42, 48, 48) sts loosely, divided on 3 needles as follows: Needle 1 and 2: 15 sts each; Needle 3: 12 (12, 18, 18) sts; join being careful not to twist sts. Work in rounds of K3, P3 ribbing until 19 (19.5, 20, 20.5)” from beginning, end with Needle 3. Bind off loosely in ribbing.



**RED HEART® “Eco-Ways™”**, Art. 750 available in 5oz (140g), 232yd (212m) skeins.

**ABBREVIATIONS:** **dec** = decrease; **inc** = increase; **K** = knit; **mm** = millimeters; **P** = purl; **St st** = Stockinette stitch (Knit on right side rows; Purl on wrong side rows.); **st(s)** = stitch (es); **tog** = together; **yo** = yarn over; \* = repeat whatever follows the \* as indicated