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Pilates or Yoga Socks

These nifty socks are perfect for chilly Pilates (or Yoga) workouts. They let you grip the mat with openings for your heels and toes, while keeping the rest of your feet snug.

Materials:

Two skeins of Nature's Palette Hand Jive yarn
Double pointed needles, size 3.0 mm (US 3)

Cast on 48 stitches, arrange on three double pt needles.
Work in K1, P1 rib for 1 inch.
Switch to K2, P2 rib for the next 4.5 inches.

Cast off 24 stitches.
Work in K2, P2 rib on two needles for 2 rows.
Cast on 24 stitches in the next row, and continue in the round in the established K2, P2 rib for another 4 inches.
Cast off.

Designed for Yarns International by Claire Herne, 2006