

Use grey colored peg or stitch marker to mark 1st stitch.

Cast on

Knit 4 rows of rib (knit 1, purl 1...)

Knit 16 rows of knit stitch

For 17th row, cast off pegs 1 - 12 (this can be done either by cutting yarn, threading through and tying to yarn ball again or by binding off. Threading through provides more stretch than binding off and is what I recommend.)

E-wrap pegs 13 – 24

Knit 3 rows of knit stitch on peg 13 – 24

On 4th row, knit pegs 24 - 13, e-wrap pegs 12 - 1, then e-wrap pegs 1 – 24

Knit 8 rows of knit stitch

Knit 4 rows of rib (knit 1, purl 1

Cast off by cutting yarn, and threading through. Make sure to cut enough yarn to sew sides together

Once cast off, sew sides together

Notes:

This pattern can be adjusted to your size. Simply measure the width of your foot and adjust pattern accordingly. My feet are heavy so this pattern may make too big yoga socks for a slight footed person

It is important to mark the first peg to make it easy when casting off stitches 1 - 12 for the open heel

Ankle part of pattern can be knitted longer so that the sock comes further up over ankle