



The beauty of the Namaskar yoga bag is the fusion of the meditative spirit of yoga and the peace and serenity of knitting. What a wonderful way too leave the world behind and go on a spiritual journey. So get comfy, relax, breathe and create.....OM

Gauge for bottom of bag in 2 strands of yarn

8 sts and 11 rows = 10cm/4" in stocking st.

Gauge for body of bag in 2 strands of yarn

8 sts and 8 rows = 10cm/4" in pattern.

Take time to check gauges. The felting process will shrink the knitted bag approximately 1/3 in length and 1/4 in width.

Abbreviations

St	- stitch	dec	- decrease
YO	- yarn over	P	- purl
K	- knit	BO	- bind off
K2tog	- knit 2 st together	PM	- place marker
rnds	- rounds	appr	- approximately

Namaskar Yoga Mat Bag

100% merino wool knitted and felted yoga bag.
Designed for pollika by Tina Maat-Kristensen

Knitted measurements

Length 100cm/39 1/2"

Width 30cm/12"

Felted measurements

Length 70cm/27 1/2"

Width 17cm/6 1/2"

Materials

- 3 1/2 hanks of Yarnundyed Aran
Weight 100% Merino
(166m/188y- 100gr/3.5oz)
- Option: add your own color personality to the yarn with natural or acid dyes
- Circular needle 60cm/23 1/2" length
15mm/U.S 19
- One set of 16mm/U.S 19 dpn
(double pointed) needles (or 2 circular
needles)
- or size to obtain gauge**
- De Witte Engel Woolen Cord
color white (5m/5 1/2 yards)
- Stitch holder
- Stitch marker
- Washing machine for felting
- Laundry soap
- Towels

Pattern for the body of the bag worked in the round

Row 1 [K2tog, K2tog, YO, YO]

Row 2 [K2, K first YO and K second YO in the back]

Row 3 & 4 K

Namaskar's bottom:

Row 1: Cast on one stitch onto a Double Pointed Needle.

Row 2: K1, P1, K1 in the same stitch. (3sts)

Row 3: Turn the needle and Purl across the row

Row 4: Turn the needle again, Kfb all stitches. (6sts)

Row 5: Turn the needle and Purl across the row.

Row 6: Turn the needle, Kfb all stitches. Divide these stitches onto three double pointed needles. (12sts)

Knit all stitches, joining the round.

Row 7: K around.

Row 8: [Kfb, K1] around. (18sts)

Row 9: K around

Row 10: [Kfb, K2] around. (24sts)

Row 11: K around.

Row 12: [Kfb, K2] around. (32sts)

Row 13: K around.

Row 14: [Kfb, K3] around. (40sts)

Row 15: K around.

Row 16: [Kfb, K4] around. (48sts)

Row 17: K around.

Row 18: K around. (appr. 25 cm/10" in diameter)



Namaskar

The next row is the transition row from bottom to **body**: P

Next row: K

Follow pattern until bag is appr. 93cm/36 ½" long.(hold the bag from the bottom, instead of laying it flat, it will stretch like in the felting process) finishing with row 3.

Next row: K

Next row: in pattern make 1 extra YO (12sts) to create draw string wholes

Next row: [K2, K1 YO and K 2nd & 3rd YO in the back]

Next 2 rows: [K3, P2] (appr. 100cm/39")
BO off until 4 sts remain.

P last 4st. (**for shoulderstrap**)

Knit in stocking st. until strap is 102cm/40"

Pick up 1 st on the P row at the bottom of the bag and K together with the first st. of the strap. Repeat 3 more times.

Woolen cord:

Start weaving the woolen cord at the top of one side of the shoulderstrap (without cutting it). Weave through with 5cm/2" spaces. When at the bottom insert the cord to the inside of the bag and sew it around the base of bottom of the P row.

At the end of the row pull cord to the right side again and start weaving through the other side of the shoulderstrap. Cut here and sew both ends of the cord to the top of the bag. (It will felt together nicely). **Note:** Remainder of woolen cord left over after weaving in shoulderstrap will be used for drawstring at the top of the bag (see "Finishing" section). Do not put in the drawstring before felting.

Felting:

Felting is caused by heat and agitation and best results are obtained in a top loading (versus front loading) washer.

You want to set your washing machine on the lowest water setting, the highest temperature and the longest agitation possible, but check felting progress regularly.

Turn on the machine and let it fill with water. Add a small amount of laundry detergent. (about a quarter or less of the amount you would use to wash your clothes). Drop the bag into the washer. Set a timer for 10-15 minutes and check the felting progress.

The first time out of the washer, you might find that something really strange has happened. Instead of shrinking, your "felted" fabric might actually be getting bigger. That's because wool tends to relax when it gets wet, so it may stretch a little before it starts getting smaller. Don't worry, just put it back in and start the machine again. Check every 5 - 10 minutes, so that you don't 'over- felt' and end up with a 'Namaskar Bag' too small for your yoga mat. When desired length has been achieved drain water out the washer (rinse the machine without the bag to remove wool and soap) and rinse the felted bag by hand in cold water. Wring out the water gently. Stuff the inside of the bag with rolled up towels to shape (block) it. Stretch the strap into shape and pin it flat if needed. Wrap towels around the outside to help it dry. This will take some time!

Finish:

Wet the rest of the woolen cord in hot water and let it soak for about 15 min. Wrap in a towel to remove excess moisture and lay flat to dry.

When bag and cord are dry, remove the towels from the bag. Pull through the cord at the top.

Namaskar is yoga ready!