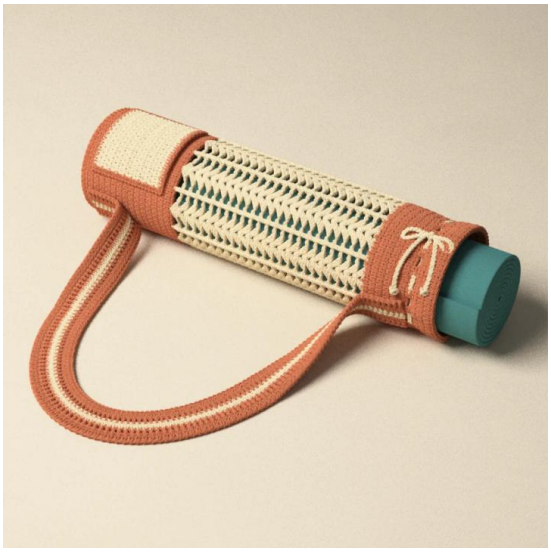
Yoga mat bag

Standard mat · US terms



Finished size

About 18¼ in (46.5 cm) round and 22 in (56 cm) tall with about 34¼ in (87 cm) of free strap, for a mat about 24 in (61 cm) wide that is up to 5¼ in (13.5 cm) across when it is rolled up

Skill

Easy

It is a tube in joined rounds with one lace round that repeats, and a strap and a pocket in rows.

Yarn

Medium (4), 2 colors

Hook

5 mm (US H-8)

Gauge

14 stitches and 10 rounds to 4 in (10 cm)

In half double crochet (UK half treble).

What you need

Yarn A: terracotta, the foot, the top and the strap	**about 350 yd (320 m), an estimate**
Yarn B: sand, the leaf lace, the pocket and the cord	**about 190 yd (174 m), an estimate**

By weight: about 270 g in all, an estimate, where 100 g is 200 yd (183 m).

Fiber: cotton

Hook: 5 mm (US H-8), or the size that gives you the gauge. Also: two stitch markers, pins, a yarn needle and scissors.

To find how many balls: divide by the length on your yarn's label and round up. Buy them from one dye lot. The estimate is from the stitches of this size at this gauge, with 30 percent added.

Sizes

Size	Finished size, about	Yarn, an estimate
Standard mat (this file)	**18¼ in (46.5 cm) round, 22 in (56 cm) tall**	**about 540 yd (494 m)**
Thick mat	22¾ in (58 cm) round, 22 in (56 cm) tall	about 650 yd (594 m)

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Gauge

14 stitches and 10 rounds to 4 in (10 cm) in half double crochet.

14 stitches and 8 rounds to 4 in (10 cm) in double crochet, worked in the round. 14 stitches and 16 rows to 4 in (10 cm) in single crochet, worked in rows.

Check your gauge on the piece. Begin the pattern and measure the piece itself as you go. The gauge is checked on the piece itself: after round 8 the base should measure about 6 in (15 cm) across, laid flat and not stretched. A range that is near enough is printed after that round. If the piece measures more than that, begin again with a smaller hook; if it measures less, with a larger hook.

Notes

- Begin with a magic ring: wind the yarn once round two fingers, put the hook through the ring and draw up a loop. Work round 1 into the ring, then pull the tail to draw the ring closed.
- The bag is worked with the right side, the outside, facing you all the way. Each round is joined with a slip stitch in its first stitch. The chain at the start of a round does not count as a stitch; work the first stitch of the round into the stitch the round before was joined in. That holds for FPdc too.
- The chain of 1 or 2 at the start of a row of the pocket or the strap does not count as a stitch.
- Where the pattern says BLO, put the hook under the back loop only. The front loops that are left make a line round the edge of the base.
- FPdc, front post double crochet (UK front post treble): yarn over, put the hook in from the front, behind the post of the stitch below, and out to the front again, yarn over and pull up a loop, then finish as a double crochet. The first lace round has a plain double crochet where the later rounds have a front post one, so all the front posts stand in columns.
- Leaf lace: each group of 2 double crochet, 2 chains and 2 double crochet is a leaf. It goes into the chain-2 space in the middle of the leaf below, so the leaves stand one on another. The chain-1 spaces beside it are passed over.
- To change color where a joined round begins, draw the new yarn through as the last yarn over of the slip stitch that ends the round before. In the strap draw the new yarn through as the last yarn over of the last stitch of the row. Cut the old yarn at each change, leaving a tail of 6 in (15 cm).
- A wider mat: the lace is the part that grows. After the last lace round work 2 more for every 1 in (2.5 cm) that the mat is wider than 24 in (61 cm), at most 8. Every 2 rounds take about 14 yd (13 m) of B in the Standard and 18 yd (16 m) in the Thick. All the rounds after them have numbers as much higher; nothing else changes.
- Colors of the bag, round by round. Rounds 1 to 23: A. Rounds 24 to 47: B. Rounds 48 to 57: A.
- Strap: rows 1 and 2 are A, row 3 is B, rows 4 and 5 are A. The pocket is B and its border is A.

Instructions

Standard mat. US terms.

ch chain, **sl st** slip stitch, **sc** single crochet (UK double crochet), **hdc** half double crochet (UK half treble), **dc** double crochet (UK treble), **MR** magic ring, **st** stitch, **sp** space, **rnd** round.
FPdc round the stitch below, from the front. **BLO**: only the loop away from you. **sk** skip, **RS** right side, the one that shows.
2 hdc in next st: both in one stitch. **hdc in next 2 sts**: one in each. **ch-1 sp**: the gap under the one chain; the hook goes in the gap.
[ ] 8 times: work what is inside 8 times in all. **( )**: all of it goes into the one place.
(8 hdc): the stitches you have when the round is done. **How to read a pattern**.

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Bag

Yarns in order of use: A, terracotta; B, sand.

Work the pocket and its border first. The pocket is sewn on when round 23 is done, while the foot is still easy to reach into.

☐ **Foundation**	Make a magic ring.	
☐ **Rnd 1 (RS)**	Ch 2, 8 hdc in MR, pull the tail to close the ring, sl st in first hdc to join	(8 hdc)
☐ **Rnd 2**	Ch 2, 2 hdc in each st around, sl st in first hdc to join	(16 hdc)
☐ **Rnd 3**	Ch 2, **[**2 hdc in next st, hdc in next st**] 8 times**, sl st in first hdc to join	(24 hdc)
☐ **Rnd 4**	Ch 2, **[**hdc in next 2 sts, 2 hdc in next st**] 8 times**, sl st in first hdc to join	(32 hdc)
☐ **Rnd 5**	Ch 2, hdc in next st, 2 hdc in next st, **[**hdc in next 3 sts, 2 hdc in next st**] 7 times**, hdc in next 2 sts, sl st in first hdc to join	(40 hdc)
☐ **Rnd 6**	Ch 2, **[**hdc in next 4 sts, 2 hdc in next st**] 8 times**, sl st in first hdc to join	(48 hdc)
☐ **Rnd 7**	Ch 2, hdc in next 2 sts, 2 hdc in next st, **[**hdc in next 5 sts, 2 hdc in next st**] 7 times**, hdc in next 3 sts, sl st in first hdc to join	(56 hdc)
☐ **Rnd 8**	Ch 2, **[**hdc in next 6 sts, 2 hdc in next st**] 8 times**, sl st in first hdc to join	(64 hdc)

> **Stop and measure now, after round 8.** The base should measure about 6 in (15 cm) across. Anything from 5¾ in (14.5 cm) to 6½ in (16.5 cm) is near enough.

Foot

☐ **Rnd 9**	Ch 2, hdc in BLO of each st around, sl st in first hdc to join	(64 hdc)
☐ **Rnds 10 to 23**	Ch 2, hdc in each st around, sl st in first hdc to join	(64 hdc)

The heavy box is where you stop and measure.

10 11 12 13 14 15 16 17 18 19 20 21 22 **23**

> **Stop here, after round 23.** Draw the loop on the hook out long, put a marker in it so that it cannot run back, and sew the pocket on as step 1 of Putting it together says. Then put the loop back on the hook and go on.

Leaf lace

☐ **Rnd 24**	With B, ch 2, **[**dc in next st, ch 1, sk next 3 sts, (2 dc, ch 2, 2 dc) in next st, ch 1, sk next 3 sts**] 8 times**, sl st in first dc to join	(40 dc, 16 ch-1 sps, 8 ch-2 sps)
☐ **Rnds 25 to 47**	Ch 2, **[**FPdc around next st, ch 1, sk next ch-1 sp, sk next 2 sts, (2 dc, ch 2, 2 dc) in next ch-2 sp, ch 1, sk next 2 sts, sk next ch-1 sp**] 8 times**, sl st in first FPdc to join	(8 FPdc, 32 dc, 16 ch-1 sps, 8 ch-2 sps)

25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47

Top

☐ **Rnd 48**	With A, ch 2, **[**hdc in next st, hdc in next ch-1 sp, hdc in next 2 sts, hdc in next ch-2 sp, hdc in next 2 sts, hdc in next ch-1 sp**] 8 times**, sl st in first hdc to join	(64 hdc)

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☐ **Rnds 49 to 53**	Ch 2, hdc in each st around, sl st in first hdc to join	(64 hdc)
49 50 51 52 53		
☐ **Rnd 54**	Ch 2, **[**hdc in next 2 sts, ch 2, sk next 2 sts**] 16 times**, sl st in first hdc to join	(32 hdc, 16 ch-2 sps)
☐ **Rnd 55**	Ch 2, **[**hdc in next 2 sts, 2 hdc in next ch-2 sp**] 16 times**, sl st in first hdc to join	(64 hdc)
☐ **Rnds 56 to 57**	Ch 2, hdc in each st around, sl st in first hdc to join	(64 hdc)
56 57		
☐ **End**	Fasten off, leaving a tail of 6 in (15 cm).	

Pocket

Yarn B, sand.

☐ **Foundation**	Ch 17.	
☐ **Row 1 (RS)**	Sc in 2nd ch from hook and in each ch across	(16 sc)
☐ **Rows 2 to 18**	Ch 1, turn; sc in each st across	(16 sc)
2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18		
☐ **End**	Fasten off, leaving a tail of 6 in (15 cm).	

Border of the pocket

Yarn A, terracotta.

Hold the pocket with its right side facing you and row 18 uppermost. Join A with a slip stitch in the stitch of that row at the top right corner; the first single crochet goes into that same stitch. Go along row 18 toward the left, down the left edge with 1 single crochet in the end of each row, along the chains of the foundation, and up the right edge. The four groups of 3 single crochet are at the corners.

☐ **Foundation**	All four edges of the pocket, RS facing, 68 places: 16 stitches of row 18, 18 row ends, 16 chains of the foundation, 18 row ends.	
☐ **Rnd 1 (RS)**	Ch 1, **[**3 sc in next st, sc in next 14 sts, 3 sc in next st, sc in next 18 sts**] 2 times**, sl st in first sc to join	(76 sc)
☐ **End**	Fasten off, leaving a tail of 54 in (137 cm) to sew with.	

Strap

Yarns in order of use: A, terracotta; B, sand.

The strap is worked along its length, in five long rows.

☐ **Foundation**	Ch 136.	
☐ **Row 1 (RS)**	Hdc in 3rd ch from hook and in each ch across	(134 hdc)
☐ **Row 2**	Ch 2, turn; hdc in each st across	(134 hdc)
☐ **Row 3 (RS)**	With B, ch 2, turn; hdc in each st across	(134 hdc)
☐ **Row 4**	With A, ch 2, turn; hdc in each st across	(134 hdc)

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☐ **Row 5**	Ch 2, turn; hdc in each st across	(134 hdc)
☐ **End**	Fasten off, leaving a tail of 6 in (15 cm).	

Assembly

1. Pocket, after round 23 of the bag: weave in all the tails of the pocket and its border but the long one. The place where the rounds are joined is the back line of the bag. In round 9, the first round of the foot, count 18 stitches from the join in the direction in which you work and put a marker between the 17th and the 18th stitch. Pin the pocket to the outside of the foot, right side out, row 18 toward the top of the bag, its lower edge along the top of round 9 and the middle of its lower edge, the line between the 8th and the 9th chain of its foundation, above the marker. Keep its two sides upright. With the long tail, which hangs at the top right corner, sew down the right edge, along the lower edge and up the left edge: bring the needle up through the pocket under both loops of a stitch of its border and down through the foot beside the edge, one small stitch for each stitch. The top edge, with its two corners, stays open. Fasten off on the inside and weave in the tail there. Take out the marker at the pocket.

2. When the bag is done weave in all its tails on the inside, and the tails of the strap on its wrong side.

3. Strap: lay the strap along the back line of the bag, right side out. Its upper end lies on the top, its short edge level with the top of round 53, just below the round of spaces, and the middle of its width over the join of round 48. From there follow the raised front post column that stands at the join of every lace round straight down to the foot. The lower end of the strap lies on the foot in the same line, its short edge level with the top of round 9. The last 7 stitches of the strap, about 2 in (5 cm), lie on the bag at each end, and the rest hangs free between them. Make sure that the strap is not twisted.

4. For each end of the strap cut a length of A about 44 in (112 cm) long. Begin with a tail of 6 in (15 cm) at one long edge where the strap leaves the bag, between its 7th and its 8th stitch counted from the short edge. Sew the part that lies on the bag down along that long edge, 7 stitches, along the short edge, 5 rows, and along the other long edge, 7 stitches, until you are across from the place where you began: bring the needle up through the strap one stitch in from its edge and down through the bag beside the edge, one stitch for each stitch or row. The strap goes on there as its free part, so there is no edge to sew: go across it between those two stitches of every row in backstitch, straight up and down through the strap and the bag beneath it, 2 stitches to each of its 5 rows, 10 in all, as far as the place where you began. Backstitch: bring the needle up one stitch length ahead, put it down where the stitch before ended, and go on so in a line without gaps. Fasten off and draw both tails in between the strap and the bag.

5. Cord: with B, ch 165, about 40 in (101.5 cm) long, and fasten off with a tail of 6 in (15 cm) at each end. In round 54 count the chain-2 spaces from the join in the direction in which you work, as the pocket was counted: there are 16, and the bow is tied between the 4th and the 5th, above the pocket. Take one end of the cord in from the outside through the 5th space, out through the 6th, in through the 7th, and so on round the bag in the same direction, past the join. It comes out last through the 4th space. Knot each end of the cord and trim its tail to about ½ in (1.5 cm).

6. Slide the rolled mat in, draw the cord up round it and tie the ends in a bow.

Finishing

- When the mat is damp, take it out and hang the bag up open to dry.

In all: 3 pieces; 3,850 stitches (2,816 in the bag, 288 in the pocket, 76 in the border of the pocket, 670 in the strap).

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