Yoga mat strap carrier

Long · US terms



Finished size

About 2¼ × 72 in (6 × 183 cm)

About 2¼ in (5.5 cm) wide and 72 in (183 cm) long from fold to fold. To fit a rolled mat up to 6 in (15 cm) across

Skill

Easy

It is one narrow band in short rows of one stitch, with a fold sewn at each end.

Yarn

Medium (4), 2 colors

Hook

5 mm (US H-8)

Gauge

The gauge is checked on the piece itself: after row 20 the band should measure about 7¼ in (18 cm) long, all its 8 stitches wide, laid flat and not stretched.

You will need

Yarn A: ink blue, the band — **about 195 yd (178 m), an estimate**

Yarn B: oat, the stripes and the tassels — **about 35 yd (32 m), an estimate**

Fiber: cotton

Hook: 5 mm (US H-8), or the size that gives you the gauge. Also: two stitch markers, a piece of card 4 in (10 cm) wide, for the tassels, 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	Fits	Finished size, about	Yarn, an estimate
Short	a rolled mat up to 6 in (15 cm) across	2¼ × 64 in (6 × 163 cm)	about 210 yd (192 m)
Long (this file)	**a rolled mat up to 6 in (15 cm) across**	**2¼ × 72 in (6 × 183 cm)**	**about 230 yd (210 m)**

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Abbreviations

Written in US terms. Where the UK name differs it is given beside the US one.

ch	chain stitch
yo	yarn over (UK yrh, yarn round hook)
st	stitch
RS	right side

Special stitches

hhdc (Herringbone half double crochet): Yo, insert hook in the place named, yo and pull up a loop and draw it on through the first loop on the hook (2 loops on hook), yo and pull through both. UK herringbone half treble. It leaves 1 hhdc for the next row.

Gauge

Herringbone half double crochet has this gauge too. The band of 8 stitches is about 2¼ in (5.5 cm) wide.

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 row 20 the band should measure about 7¼ in (18 cm) long, all its 8 stitches wide, laid flat and not stretched. If the piece measures more than that, begin again with a smaller hook; if it measures less, with a larger hook.

Before you start

- The chain of 2 at the start of a row does not count as a stitch: the first stitch goes into the first stitch of the row before.
- In row 1 and in every odd row the right side faces you; the piece looks nearly the same on both sides.
- To change color, draw the new yarn through as the last yarn over of the last stitch of the row before. Do not cut A: carry it loosely up the side over the two rows of B. Cut B after its two rows, leaving a tail of 6 in (15 cm).
- A longer strap: work 22 rows more, 2 of B and 20 of A, for every 8 in (20.5 cm). They take about 18 yd (17 m) of A and 3 yd (3 m) of B, the two tails with them. Then count the rows of the second loop from the new last row.
- Colors of the band, row by row. Rows 1 to 20: A. Rows 21 to 22: B. Rows 23 to 42: A. Rows 43 to 44: B. Rows 45 to 64: A. Rows 65 to 66: B. Rows 67 to 86: A. Rows 87 to 88: B. Rows 89 to 108: A. Rows 109 to 110: B. Rows 111 to 130: A. Rows 131 to 132: B. Rows 133 to 152: A. Rows 153 to 154: B. Rows 155 to 174: A. Rows 175 to 176: B. Rows 177 to 196: A. Rows 197 to 198: B. Rows 199 to 218: A.
- Round a mat 5 in (12.5 cm) across the two loops take up about 32 in (81.5 cm) of the band, and about 40 in (101.5 cm) are left for the shoulder.

Instructions

Chosen: Long. The count in round brackets at the end of a line is what that line leaves. Tick the box when a row is done. In UK terms yo is yarn round hook.

Yarns in order of use: A, ink blue; B, oat.

☐ **Foundation**	Ch 10.	
☐ **Row 1 (RS)**	Hhdc in 3rd ch from hook and in each ch across	**(8 hhdcs)**
☐ **Rows 2 to 20**	Ch 2, turn; hhdc in each st across	**(8 hhdcs)**

A box for each row, 2 to 20: tick them off as you go.

☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐ 13 ☐ 14 ☐ 15 ☐ 16 ☐ 17 ☐ 18 ☐ 19 ☐ 20

☐ **Row 21**	With B, ch 2, turn; hhdc in each st across	**(8 hhdcs)**
☐ **Row 22**	Ch 2, turn; hhdc in each st across	**(8 hhdcs)**
☐ **Row 23**	With A, ch 2, turn; hhdc in each st across	**(8 hhdcs)**

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☐ **Rows 24 to 42** Ch 2, turn; hhdc in each st across **(8 hhdcs)**

A box for each row, 24 to 42: tick them off as you go.

☐ 24 ☐ 25 ☐ 26 ☐ 27 ☐ 28 ☐ 29 ☐ 30 ☐ 31 ☐ 32 ☐ 33 ☐ 34 ☐ 35 ☐ 36 ☐ 37 ☐ 38 ☐ 39 ☐ 40 ☐ 41 ☐ 42

☐ **Row 43** With B, ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Row 44** Ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Row 45** With A, ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Rows 46 to 64** Ch 2, turn; hhdc in each st across **(8 hhdcs)**

A box for each row, 46 to 64: tick them off as you go.

☐ 46 ☐ 47 ☐ 48 ☐ 49 ☐ 50 ☐ 51 ☐ 52 ☐ 53 ☐ 54 ☐ 55 ☐ 56 ☐ 57 ☐ 58 ☐ 59 ☐ 60 ☐ 61 ☐ 62 ☐ 63 ☐ 64

☐ **Row 65** With B, ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Row 66** Ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Row 67** With A, ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Rows 68 to 86** Ch 2, turn; hhdc in each st across **(8 hhdcs)**

A box for each row, 68 to 86: tick them off as you go.

☐ 68 ☐ 69 ☐ 70 ☐ 71 ☐ 72 ☐ 73 ☐ 74 ☐ 75 ☐ 76 ☐ 77 ☐ 78 ☐ 79 ☐ 80 ☐ 81 ☐ 82 ☐ 83 ☐ 84 ☐ 85 ☐ 86

☐ **Row 87** With B, ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Row 88** Ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Row 89** With A, ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Rows 90 to 108** Ch 2, turn; hhdc in each st across **(8 hhdcs)**

A box for each row, 90 to 108: tick them off as you go.

☐ 90 ☐ 91 ☐ 92 ☐ 93 ☐ 94 ☐ 95 ☐ 96 ☐ 97 ☐ 98 ☐ 99 ☐ 100 ☐ 101 ☐ 102 ☐ 103 ☐ 104 ☐ 105 ☐ 106 ☐ 107 ☐ 108

☐ **Row 109** With B, ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Row 110** Ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Row 111** With A, ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Rows 112 to 130** Ch 2, turn; hhdc in each st across **(8 hhdcs)**

A box for each row, 112 to 130: tick them off as you go.

☐ 112 ☐ 113 ☐ 114 ☐ 115 ☐ 116 ☐ 117 ☐ 118 ☐ 119 ☐ 120 ☐ 121 ☐ 122 ☐ 123 ☐ 124 ☐ 125 ☐ 126 ☐ 127 ☐ 128 ☐ 129 ☐ 130

☐ **Row 131** With B, ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Row 132** Ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Row 133** With A, ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Rows 134 to 152** Ch 2, turn; hhdc in each st across **(8 hhdcs)**

A box for each row, 134 to 152: tick them off as you go.

☐ 134 ☐ 135 ☐ 136 ☐ 137 ☐ 138 ☐ 139 ☐ 140 ☐ 141 ☐ 142 ☐ 143 ☐ 144 ☐ 145 ☐ 146 ☐ 147 ☐ 148 ☐ 149 ☐ 150 ☐ 151 ☐ 152

☐ **Row 153** With B, ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Row 154** Ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Row 155** With A, ch 2, turn; hhdc in each st across **(8 hhdcs)**

☐ **Rows 156 to 174** Ch 2, turn; hhdc in each st across **(8 hhdcs)**

A box for each row, 156 to 174: tick them off as you go.

☐ 156 ☐ 157 ☐ 158 ☐ 159 ☐ 160 ☐ 161 ☐ 162 ☐ 163 ☐ 164 ☐ 165 ☐ 166 ☐ 167 ☐ 168 ☐ 169 ☐ 170 ☐ 171 ☐ 172 ☐ 173 ☐ 174

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☐ **Row 175**	With B, ch 2, turn; hhdc in each st across	**(8 hhdcs)**
☐ **Row 176**	Ch 2, turn; hhdc in each st across	**(8 hhdcs)**
☐ **Row 177**	With A, ch 2, turn; hhdc in each st across	**(8 hhdcs)**
☐ **Rows 178 to 196**	Ch 2, turn; hhdc in each st across	**(8 hhdcs)**

A box for each row, 178 to 196: tick them off as you go.

178 179 180 181 182 183 184 185 186 187 188 189 190 191 192 193 194 195 196

☐ **Row 197**	With B, ch 2, turn; hhdc in each st across	**(8 hhdcs)**
☐ **Row 198**	Ch 2, turn; hhdc in each st across	**(8 hhdcs)**
☐ **Row 199**	With A, ch 2, turn; hhdc in each st across	**(8 hhdcs)**
☐ **Rows 200 to 218**	Ch 2, turn; hhdc in each st across	**(8 hhdcs)**

A box for each row, 200 to 218: tick them off as you go.

200 201 202 203 204 205 206 207 208 209 210 211 212 213 214 215 216 217 218

☐ **End**	Fasten off, leaving a tail of 6 in (15 cm).

Assembly

1. Weave in all the tails on the wrong side.

2. Loops: lay the band flat with its wrong side up. At one end put a marker in the edge at each side of row 10. Fold the end over on the wrong side along the top of row 10, so that the foundation edge lies along the top of row 20, just before the first stripe. Cut a length of A about 34 in (86.5 cm) long. Beginning at one corner of the foundation edge with a tail of 6 in (15 cm), backstitch rows 1 to 3 of the end down on rows 18 to 20, through both layers, close inside the edges: along the foundation edge, up one side over 3 rows, across the band along the line between row 3 and row 4, and down the other side over 3 rows. Backstitch: bring the needle up one stitch length ahead of the line sewn and take it down where the last stitch ended, one stitch for each stitch or row. Fasten off and draw both tails in between the layers. The part between this seam and the fold, rows 4 to 17, is the loop: it stays open at both sides. Take the markers out.

3. Make the loop of the other end in the same way, with the wrong side of the band up again: mark the edge at each side of row 209, fold the end over on the wrong side along the line between rows 208 and 209, so that the edge of row 218 lies along the line between rows 198 and 199, next to the last stripe, and backstitch rows 216 to 218 down on rows 199 to 201.

4. Tassels, make two: wind B 20 times round the card. Cut a 12 in (30.5 cm) length of B, draw it under the loops at one edge of the card, tie it tightly and leave its two ends long. Slip the loops off and cut them at the other edge. Wind another 12 in (30.5 cm) length of B six times round the tassel ½ in (1.5 cm) below the tie, knot its two ends together and draw them into the tassel with the needle. Trim the tassel to about 3½ in (9 cm).

5. Sew a tassel to each loop, at the middle of its folded edge, with the two ends of the tie: two stitches with each end through the fold. Knot the ends together inside the loop and draw them into the tassel.

Finishing

- To carry a mat: put a hand through one loop from the back, take hold of the band and draw it through the loop, so that it makes a ring that can be drawn smaller. Make a ring with the other loop in the same way. Slip one ring over each end of the rolled mat, about 4 in (10 cm) in, draw both snug, and put the band between them over a shoulder.
- To stretch with it: lay the band round a foot and hold it with both hands at the same stripe on each side. The strap gives a little, as every crocheted band does; it is for a steady pull by hand and not for hanging from or for lifting anything.

In all: 218 rows.

Found a mistake in this pattern? Tell us at flossfield.com, under Make a request.

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