Yoga socks

Women's medium, foot 9½ in (24 cm) · US terms



Finished size
About 9 in (23 cm) round and 11 in (28 cm) long, with an open heel and an open toe
To fit a foot of 9½ in (24 cm)

Skill
Easy

Yarn
Medium (4), 2 colors

Hook
4 mm (US G-6)

Gauge
16 stitches and 18 rounds to 4 in (10 cm)
In single crochet (UK double crochet).

What you need

Yarn A: lavender **about 180 yd (165 m), an estimate**
Yarn B: plum **about 55 yd (50 m), an estimate**
By weight: about 120 g in all, an estimate, where 100 g is 200 yd (183 m).
Hook: 4 mm (US G-6), or the size that gives you the gauge. Also: a hook 1 mm larger (5 mm, US H-8) for the foundation ch, a stitch marker, a yarn needle and scissors.

Sizes

Size	Foot	Finished size, about	Yarn, an estimate
Women's small	9 in (23 cm)	8½ in (21.5 cm) round, 10¾ in (27.5 cm) long	about 220 yd (201 m)
Women's medium (this file)	**9½ in (24 cm)**	**9 in (23 cm) round, 11 in (28 cm) long**	**about 235 yd (215 m)**
Women's large	10 in (25.5 cm)	9½ in (24 cm) round, 11¼ in (28.5 cm) long	about 250 yd (229 m)

Gauge

16 stitches and 18 rounds to 4 in (10 cm) in single crochet.

Lay the tube flat after the first rounds of the leg: it is about 4½ in (11.5 cm) across.

Use any hook that gives you this. If you count more stitches than this in 4 in (10 cm), change to a larger hook; if you count fewer, to a smaller one.

For your own crochet, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Instructions

Women's medium, foot 9½ in (24 cm). US terms.

ch chain, **dc** double crochet (UK tr), **sl st** slip stitch, **sc** single crochet (UK dc), **sk** skip, **st** stitch.

ch-16 sp: the hole under 16 chains. The hook goes in the hole, never into a chain.

The ch 2 is not a stitch. The first FPdc goes **where the slip stitch went**. **Working in the round**

[ ] 18 times: 18 times in all. (18 FPdc, 18 BPdc): the round now has that many; a check, not a step.

Also: sp space.

Every stitch, drawn: flossfield.com/crochet/stitches.

Special stitches

FPdc (Front post double crochet (UK raised treble at the front)): Yarn over, insert the hook from the front to the back and to the front again round the post (the upright part) of the st, yarn over and draw up a loop, [yarn over, draw through 2 loops] 2 times. Leave the top of that st unworked.

BPdc (Back post double crochet (UK raised treble at the back)): Yarn over, insert the hook from the back to the front and to the back again round the post of the st, yarn over and draw up a loop, [yarn over, draw through 2 loops] 2 times. Leave the top of that st unworked.

Sock: make 2

☐ **Start**	With B, make a slip knot and ch 36 with the larger hook, taking care not to twist it, and sl st in the first ch to make a ring. Change to the smaller hook.	

Cuff

☐ **Round 1**	Ch 2, dc in each ch around, sl st in first dc to join	(36 dc)
☐ **Round 2**	Ch 2, **[**FPdc around next st, BPdc around next st**] 18 times**, sl st in first FPdc to join	(18 FPdc, 18 BPdc)
☐ **Rounds 3 to 5**	Repeat round 2. (18 FPdc, 18 BPdc)	

3 4 5

Leg

From here the piece is worked in a spiral: the first stitch of the next round goes into the first stitch of the last one.

☐ **Round 6**	With A, sc in each st around	(36 sc)
☐ **Round 7**	Sc in each st around	(36 sc)
☐ **Rounds 8 to 24**	Repeat round 7. (36 sc)	

8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

Heel opening

The next round leaves an opening for the heel.

☐ **Round 25**	Ch 16, sk next 16 sts, sc in next 20 sts	(1 ch-16 sp, 20 sc)
☐ **Round 26**	16 sc in next ch-16 sp, sc in next 20 sts	(36 sc)

Foot

☐ **Round 27**	Sc in each st around	(36 sc)

For your own crochet, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

☐ **Rounds 28 to 44**	Repeat round 27. (36 sc)	

28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44

Edge

☐ **Round 45**	With B, sc in each st around	(36 sc)
☐ **Round 46**	Sc in each st around	(36 sc)
☐	Sl st in the next st to level the edge. Fasten off.	

Finishing

- The two socks are alike, left and right.
- Weave in every tail on the inside.

In all: 2 pieces.

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.

Notes

- Measure the foot from the back of the heel to the tip of the longest toe and choose the size with the nearest foot length.
- The pattern makes a pair. The heel and the toes stay bare. The top edge has to stretch over the heel, so its foundation ch is worked loosely, with a larger hook.
- In a joined round, the ch at the start does not count as a stitch: the first stitch goes into the stitch the ch stands on (a post stitch goes round its post), and the sl st that closes the round goes into the top of that first stitch.
- In a spiral the rounds are not joined: put a marker in the first stitch of each round and move it up every round.
- The right side faces you in every round.
- To change color, work the last stitch before the change until its last loops are on the hook, then draw the new color through them. A color that rests for 4 rounds or fewer can wait on the inside and be drawn up again; cut one that rests longer, leaving a tail of 6 in (15 cm). After a joined round, draw the new color through with the sl st that closes it.
- The figures in brackets at the end of a line are the stitches it has.
- A crocheted sole slips on a smooth floor: wear the socks on carpet or in shoes.
- Try the sock on as you go: about 4½ rounds are 1 in (2.5 cm). A sock a little shorter than the foot stays on and lies smooth.

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

For your own crochet, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.