meditate

design by Elizabeth Doherty

meditate

A soothing, rhythmic knit that is designed to use every last yard of a single skein of luxury yarn. Slipped stitches form tiny bands of double knitting in the mostly garter stitch design—providing small waypoints that keep the knitting engaging, and create an elegant fabric.

The pattern is written for two sizes: a wide single loop that will scrunch cozily around the neck, and a longer loop to wear as an infinty scarf, or doubled for extra warmth. Both cowls are worked flat from end to end.

Finished measurements

Single-loop: 11" [28 cm] wide, 24" [61 cm] circumference
Double-loop: 6¾" [17 cm] wide, x 48" [122 cm] circumference

Yarn

1 skein Shalimar Yarns *Paulie*;
60% merino, 20% camel, 10% cashmere, 10% silk;
420 yds [384 m] per 115 g skein,
in colorway *Asilomar, Sprout* or *Citrine;* or

395 (420) yds [361 (384) m] of a fingering weight yarn. A blend with some silk content or other fiber that adds drape to the yarn is recommended.

Needles

Straight needles or circulars may be used, according to your preference.

• US 4 [3.5 mm], one set
• US 3 [3.25 mm], one set

Notions

• 16 (12) stitch markers
• 6 (4) buttons, ½" [12 mm] in diameter
• Yarn needle

Gauge

21 sts and 26 rows = 2½" [6.25 cm] in garter and rib pattern on larger needles, after blocking.

Swatching

Gauge is not that critical for this design, however it is a good idea to preview the fabric you'll be making before casting on for the entire width of the cowl. To do this, cast on 21 stitches using the larger needle.

Set-up row: {sKsK}, **pm**, k5, **pm**, {KsK}, **pm**, k5, **pm**, {sKsK}.
Row 1: (RS) {sKsK}, **sl m**, k5, **sl m**, {sKs}, **sl m**, k5, **sl m**, {sKsK}.
Row 2: {sKsK}, **sl m**, k5, **sl m**, {KsK}, **sl m**, k5, **sl m**, {sKsK}.

Rep Rows 1 and 2 until swatch measures 2 to 3" [5 to 7.5 cm], then bind off, and without breaking the yarn, steam or wet block your swatch. If you are happy with the fabric, pull out the swatch and begin your cowl.

notes

Need help? You'll find instructions for special stitches and techniques, plus abbreviations on . If you still have questions, please come ask them in the Meditate pattern discussion in the Blue Bee Knits Ravelry group.

Cowl body

With US 4 [3.5 mm] needles cast on 85 stitches for the single-loop cowl (53 stitches for the double-loop cowl) using the long-tail cast-on.

Set-up row: {sKsK}, **pm**, * k5, **pm**, {KsK}, **pm**, k5, **pm**, {sKs} **pm**; rep from * 3 (1) more times, k5, **pm**, {KsK}, **pm**, k5, **pm**, {sKsK}.

Row 1: (RS) {sKsK}, **sl m**, * k5, **sl m**, {sKs}, **sl m**, k5, **sl m**, {KsK} **sl m**; rep from * 3 (1) more times, k5, **sl m**, {sKs}, **sl m**, k5, **sl m**, {sKsK}.

Row 2: {sKsK}, **sl m**, * k5, **sl m**, {KsK}, **sl m**, k5, **sl m**, {sKs} **sl m**; rep from * 3 (1) more times, k5, **sl m**, {KsK}, **sl m**, k5, **sl m**, {sKsK}.

Rep these two rows to desired length, or until approximately 6 yards [5.5 m]) remain. End having worked Row 2 of pattern (WS). Remove all markers on final row.

Buttonhole band

Change to US 3 [3.25 mm] needle, (or one size smaller than gauge needle).

Set-up Row 1: (RS) {sKsK}, k5, k2tog, sl 1 wyif, k5, **pm**, * k1, k2tog, k5, k2tog, sl 1 wyif, k5, **pm**; rep from * 2 (0) more times; k1, k2tog, k5, k2tog, sl 1 wyif, k3, **pm**, k2, {sKsK}—76 (48) sts.

Set-up Row 2: [P2tog] twice, p2, **sl m**, k10, p2, **sl m**, * k12, p2, **sl m**; rep from * 2 (0) more times; k10, p2, [p2tog] twice—72 (44) sts.

Bind-off row: Cast on 4 sts to left needle using the knitted cast-on. K4, slip 4 sts back to left needle, k3, k2tog-tbl, slip 4 sts back to left needle, k3, k2tog-tbl, * work I-cord buttonhole, work I-cord bind-off to 1 st before marker, k3, k2tog-tbl, remove marker; rep from * 4 (2) more times; work I-cord buttonhole, k3, k2tog, slip 4 sts back to left needle, k2tog, bind off remaining sts.

Finishing

If you find that you have a small hole next to the final buttonhole, use the tail yarn to sew it closed, then weave in remaining ends. The space between the two layers of the slip-stitch edging makes a handy place to hide yarn tails.

Soak cowl in lukewarm water with a little wool wash for 20 minutes. Remove excess water by rolling in a towel. Lay cowl flat, and block using T-pins. When fabric has partially dried, remove pins, smooth out any pin marks, then allow to dry fully.

With RS facing, sew buttons to beginning of cowl, opposite the buttonholes.

abbreviations

cm	centimeter(s)
g	grams
k	knit
k2tog	knit 2 stitches together
mm	millimeter(s)
m	marker
p	purl
pm	place marker
rep	repeat
RS	right side
sl	slip
sl m	slip marker
KsK	knit, slip, knit
sKs	slip, knit, slip
sKsK	slip, knit, slip, knit
st(s)	stitch(es)
tbl	through the back loop
tog	together
WS	wrong side
yd	yard(s)

special stitches and techniques

Slip-stitch bands

Alternating slipped and knit stitches on both sides of the work creates smooth bands of double-sided fabric. Stitches are slipped purlwise, *with yarn in front* (wyif).

slip, Knit, slip, Knit {sKsK}: Slip first stitch with yarn in front (wyif), shift yarn to back, knit 1, bring yarn forward, slip 1 wyif, shift yarn to back, knit 1.

slip, Knit, slip {sKs}: Slip 1 with yarn in front, knit 1, slip 1 with yarn in front.

Knit, slip Knit {KsK}: Knit 1, slip 1 with yarn in front, knit 1.

I-cord buttonhole: Slip the next 2 sts to right needle, pass first st over second to bind off, slip next st to right needle and bind off 1 more st, slip 5 sts back to left needle; k4, sl 4 sts back to left needle; resume I-cord bind-off.

I-cord bind-off: Knit 3 sts, k2tog-tbl with stitch from cowl body, slip 4 sts back to left needle.