

rùkè knìt



┆ Since 2011 ┆

---

# YOGA WINTER SWEATER

---

┆ Feminine ┆ Simple ┆ Stylish ┆

# Yoga winter sweater knitting pattern

The Yoga winter sweater is a short length style knit with a turtle neck and neckline, wide side slits, and long sleeves. Side slits are narrowing down which are worked with decreases k2togL and k2togR, so it is always easy to move and breathe for the body. Sleeves are straight and narrowing. The sweater is worked top-down in a Stockinette stitch pattern. It is quite easy to make the sweater longer before working slits and of course, more yarns should be estimated. The Yoga winter sweater is a small, comfortable, not restricting movements and light knitwear that fits perfectly for light sports in chilly weather and for wearing at home with leggings or for a trip to nature.

## Sizes:

XS (S) M (L) XL (2X) 3X (4X) to be worn with 30cm (12in) positive ease. Shown in size XS.

## Yarns (both held together):

1. Naturkinder (100% merino wool; 100g (3.5oz) = 225m (246yds)) colour: white.
2. Filcolana, Tilia (70% Kid mohair, 30% silk; 25g (0.9oz) = 210m (83 yds)), colour no.: 100.

## Yarn weight (Worsted / Afghan / Aran):

1. Naturkinder, Wool:

400 (500) 500 (600) 600 (700) 700 (800) g  
14.1 (17.6) 17.6 (21.1) 21.1 (24.6) 24.6 (28.2) oz  
4 (5) 5 (6) 6 (7) 7 (8) balls  
900 (1125) 1125 (1350) 1350 (1575) 1575 (1800) m  
984 (1230) 1230 (1476) 1476 (1722) 1722 (1968) yds

2. Filcolana, Tilia:

4 (5) 6 (7) 7 (8) 8 (9) balls

## Needles:

5mm (US8, UK6) 40-60-80cm (16-24-31in) circular needles and 5mm (US8, UK6) 20cm (7.75in) 5 pcs. double point needles. 4 mm (US6, UK8) 40cm (16in) circular needles.

## Gauge:

10cm x 10cm (4in x 4in) = 15 stitches x 23.5 rows in Stockinette stitch after washing.

## Notions:

9 closed stitch markers, 3 pieces of different colour yarn of 50cm (20in) length, tapestry needle.

## Finished measurements

	XS	S	M	L	XL	2X	3X	4X
Bust circumference, cm	117.5	125.5	133.5	141.5	152.0	162.5	173.5	184.0
Bust circumference, in	47.00	50.25	53.25	56.50	60.75	65.00	69.25	73.50
Sweater length (in back center from neck), cm	46.0	48.5	51.0	53.5	56.0	58.5	61.5	64.0
Sweater length (in back center from neck), in	18.50	19.50	20.50	21.50	22.50	23.50	24.50	25.50
Sleeve length (from neck), cm	54.5	57.0	59.5	62.0	64.5	67.0	70.0	72.5
Sleeve length (from neck), in	21.75	22.75	23.75	24.75	25.75	27.00	28.00	29.00
Sleeve upper arm circumference, cm	42.5	46.5	49.5	53.5	57.5	62.5	66.5	72.0
Sleeve upper arm circumference, in	17.00	18.75	19.75	21.25	23.00	25.00	26.75	28.75

## Abbreviations

<https://www.rukeknit.com/knitting-abbreviations>



**K** knit

**P** purl

**M1R** From the back, lift the horizontal strand between stitches with the left needle and knit through the front loop. [1 stitch increased]

Video: <https://youtu.be/5SHX7VQFrTM>



**M1L** From the front, lift the horizontal strand between stitches with the left needle and knit through the back loop. [1 stitch increased]

Video: <https://youtu.be/C28SuZLQAKI>



**Pm** place marker

**Sm** slip marker

**2sm** slip two markers

**2pm** place two markers

**K2togR** Knit next two stitches together so first stitch would be on the top. [1 stitch decreased]

Video: <https://youtu.be/1PgQDyBXuV4>



**K2togL** Knit next two stitches together so second stitch would be on the top. [1 stitch decreased]

Video: <https://youtu.be/MRHdJo0fwWs>



**RS** right side

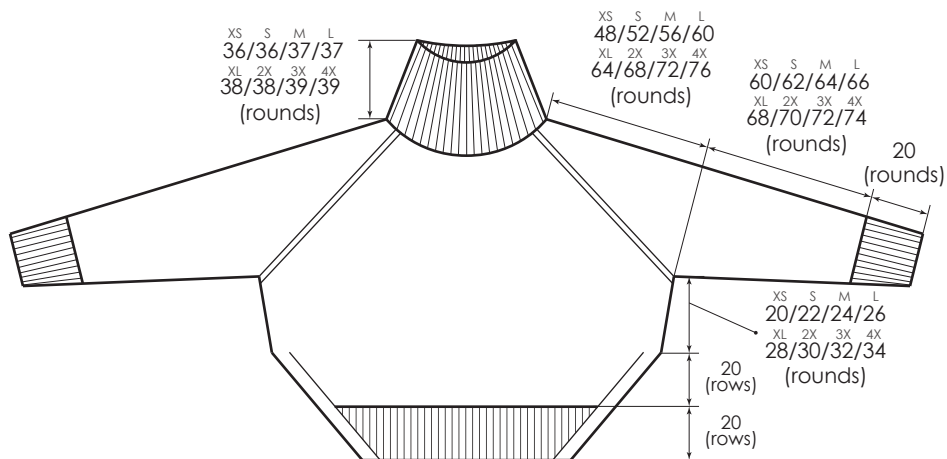
**WS** wrong side

**St(s)** stitch(es)

**Sl** slip

**\*.....; repeat from \* to ....** Work the instructions after \* and then repeat that section as instructed.

# Sweater schematic



## Pattern directions

### Neck

The Neck is worked in rounds using 4mm (USxx, UKx) 40cm (16in) circular needles. This part is worked in Rib stitch pattern (k2, p2). Also, one closed stitch marker will be needed which will mark beginning and end of the round.

**Cast on** 88 (88) 92 (92) 96 (96) 100 (100) sts.

Video of cast-on: <https://youtu.be/7X4pY87fZaE>

**Round 1** \*K2, p2; rep from \* to end, pm.

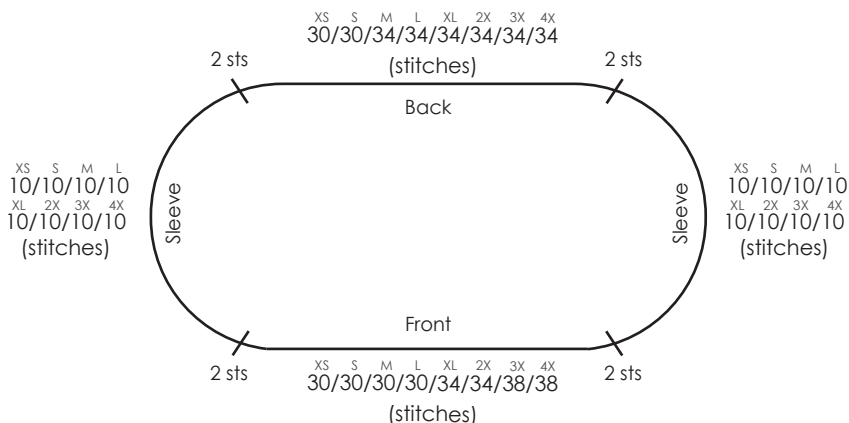
**Round 2** \*K2, p2; rep from \* to end, sm.



Continue work in established Rib stitch pattern until 35 (35) 36 (36) 37 (37) 38 (38) rounds have been worked counting from the first round.

**Round 36 (36) 37 (37) 38 (38) 39 (39)** Pm, k2, pm, k10 (10) 10 (10) 10 (10) 10 (10), pm, k2, pm, k30 (30) 34 (34) 34 (34) 34 (34), pm, k2, pm, k10 (10) 10 (10) 10 (10) 10 (10), pm, k2, pm, k30 (30) 30 (30) 34 (34) 38 (38).

**Note:** after working this round you must stop before two stitch markers (it means that two stitch markers must be on the left needle). Two stitch markers mark the beginning and the end of the round.



## Yoke (from neck to armpit)

The Yoke is worked in rounds using 5mm (US8, UK6) 60-80cm (24-31in) circular needles in knit stitches. Change to longer circular needles along the way to fit the growing number of stitches. This part is worked in raglan using increases M1R and M1L. Firstly short rounds are worked that shape the neckline. After shaping the neckline, full rounds are worked until the Yoke is finished. Increases M1R and M1L are worked in every short RS round and later in every odd round.

### Short rounds

**Round 1 (RS)** M1R, 2sm, k2, sm, M1L, k10 (10) 10 (10) 10 (10) 10 (10), M1R, sm, k2, sm, M1L, k30 (30) 34 (34) 34 (34) 34 (34), M1R, sm, k2, sm, M1L, k10 (10) 10 (10) 10 (10) 10 (10), M1R, sm, k2, sm, M1L, k1, turn. [Increased: 8 sts]

Video how to work M1R: <https://youtu.be/5SHX7VQFrM>

Video how to work M1L: <https://youtu.be/C28SuZLQAKI>



**Round 2 (WS)** Slip 1 st and bring yarn around needle to front creating Double Stitch, p1, sm, p2, sm, p12 (12) 12 (12) 12 (12) 12 (12), sm, p2, sm, p32 (32) 36 (36) 36 (36) 36 (36), sm, p2, sm, p12 (12) 12 (12) 12 (12) 12 (12), sm, p2, 2sm, p2, turn.

**Round 3 (RS)** Slip 1 st and pull yarn to back creating Double stitch, k1 (knit this stitch tightly), M1R, 2sm, k2, sm, M1L, k12 (12) 12 (12) 12 (12) 12 (12), M1R, sm, k2, sm, M1L, k32 (32) 36 (36) 36 (36) 36 (36), M1R, sm, k2, sm, M1L, k12 (12) 12 (12) 12 (12) 12 (12), M1R, sm, k2, sm, M1L, k1, knit through both legs of Double Stitch, k1, turn. [Increases: 8sts]

**Round 4 (WS)** Slip 1 st and bring yarn around needle to front creating Double Stitch, p1 (purl this stitch tightly), p2, sm, p2, sm, p14 (14) 14 (14) 14 (14) 14 (14), sm, p2, sm,

p34 (34) 38 (38) 38 (38) 38 (38), sm, p2, sm, p14 (14) 14 (14) 14 (14) 14 (14), sm, p2, 2sm, p2, purl through both legs of Double Stitch, p1, turn.

**Note: Starting from the short Round 2 and working further all short rounds (right side and wrong side) the first stitch must be always slipped and created Double stitch.**

Continue work with short rounds until total 12 (12) 12 (12) 14 (14) 14 (14) short rounds have been worked counting from the Yoke first short round. Every short round (right side and wrong side) before turning must be worked 1 stitch more after the last turn. Also, in every RS round work with increases M1R, M1L as it was done in Round 1 (RS).

*Total amount of stitches after working short rounds: 2 raglan sts, left sleeve - 22 (22) 22 (22) 24 (24) 24 (24) sts, 2 raglan sts, back - 42 (42) 46 (46) 48 (48) 48 (48) sts, 2 raglan sts, right sleeve - 22 (22) 22 (22) 24 (24) 24 (24) sts, 2 raglan sts, front - 42 (42) 42 (42) 48 (48) 52 (52) sts.*

Full rounds

Full rounds are worked in knit stitches. In every odd round increases M1R, M1L are worked like it was done in Round 1 (RS) and Round 3 (RS) of Short rounds. Every even round must be worked in knit stitch by slipping stitch markers. Work these two Full rounds until 48 (52) 56 (60) 64 (68) 72 (76) rounds have been worked counting from the Yoke first round.

**Note: before finishing each round, you must stop before 2 stitch markers, it means that 2 stitch markers must be on the left needle; 2 stitch markers mark the beginning and end of the round.**

*Total amount of stitches after working the Yoke: 2 raglan sts, left sleeve - 58 (62) 66 (70) 74 (78) 82 (86) sts, 2 raglan sts, back - 78 (82) 90 (94) 98 (102) 106 (110) sts, 2 raglan sts, right sleeve - 58 (62) 66 (70) 74 (78) 82 (86) sts, 2 raglan sts, front - 78 (82) 86 (90) 98 (102) 110 (114) sts.*

### **Body (from armpit to bottom)**

The Body is worked in rounds using 5mm (US8, UK6) 60-80cm (24-31in) circular needles. Also, one closed stitch marker must be used that will mark the beginning and end of the round. The stitch marker must be placed in the middle of the left armpit. In the Body first round continue work in knit stitches and place 58 (62) 66 (70) 74 (78) 82 (86) sleeve stitches on 50cm (20in) length different colour yarn on each side while finishing the body. Raglan stitches must be added to the Body. Under each sleeve cast on 6 (8) 8 (10) 12 (16) 18 (22) sts.

Video how to work the first body round: <https://youtu.be/nhw1AgVHDic>



Total amount of stitches after working the Body first round: 176 (188) 200 (212) 228 (244) 260 (276) sts.

Continue work in knit stitches until 20 (22) 24 (26) 28 (30) 32 (34) rounds have been worked counting from the Body first round.

### Slit (back)

The side Slit is worked in rows using 5mm (US8, UK6) 60cm (24in) circular needles. Because the Slit is narrowing down, two closed stitch markers must be used that will mark decreases in beginning and end of the row. K2togL and k2togR decreases are worked in this part. Separate front 88 (94) 100 (106) 114 (122) 130 (138) sts from the back 88 (94) 100 (106) 114 (122) 130 (138) sts and move Front stitches on 50cm (20in) length different colour yarn. Continue work in Stockinette stitch pattern (RS – knit, WS – purl) to the Hem.

**Row 1 (RS)** K4, pm, k2togR, k76 (82) 88 (94) 102 (110) 118 (126), k2togL, pm, k4, turn.  
[Decreased: 2 sts]

Video k2togR: <https://youtu.be/1PgQDyBXuV4>

Video: k2togL: <https://youtu.be/MRHdJo0fwWs>



**Row 2 (WS)** Sl1, purl to end and sm.

**Row 3 (RS)** Sl1, k3, sm, k2togR, knit to 2 sts before sm, k2togL, sm, k3, purl last st.  
[Decreased: 2 sts]

Repeat last two rows until 20 rows have been worked counting from the Slit first row.

Total amount of sts after working this part: 68 (74) 80 (86) 94 (102) 110 (118) sts.

### Hem (back)

The Hem is worked in rows using 5mm (US8, UK6) 60cm (24in) circular needles. This part is worked in Rib stitch pattern (k2, p2).

**Row 1 (RS)** Sl1, k3, sm, k2togR, \*k2, p2; rep from \* 13 (14) 16 (17) 19 (21) 23 (25) more times, k0 (2) 0 (2) 2 (2) 2 (2), k2togL, sm, k3, p last st. [Decreased: 2 sts]

**Row 2 (WS)** Sl1, p3, sm, p1 (3) 1 (3) 3 (3) 3 (3), \*k2, p2; rep from \* 13 (14) 16 (17) 19 (21) 23 (25) more times, p1, sm, p3, p last st.

Continue work in established Rib stitch pattern (k2, p2) until 20 rows have been

worked counting from the Hem first row and work with decreases k2togL, k2togR that are worked in the beginning and end of every RS row.

**Cast off (WS)** Cut the yarn by leaving 3 times longer yarn tail than the sweater width and work the Ruke cast-off.

Video of the cast-off: <https://youtu.be/bl8vlt6vl7w>



Move the front Body stitches from yarn on needle and repeat the same Body and Hem steps as it was worked in Back section.

### **Sleeve (from armpit to cuff)**

The Sleeve is worked in rounds using 5mm (US8, UK6) 40cm (16in) circular needles and 5mm (US8, UK6) 20cm (7.75in) 5 pcs. double point needles for small sizes. Move the Sleeve stitches on the needle from yarn and pick up the same 6 (8) 8 (10) 12 (16) 18 (22) stitches that were casted-on under the sleeve. Beginning and end of this round will be in the middle of these 6 (8) 8 (10) 12 (16) 18 (22) stitches (it means that you must place 1 stitch marker between these 6 (8) 8 (10) 12 (16) 18 (22) stitches).

**Round 1** Knit to end, pm.

Repeat last one round 3 (2) 2 (2) 1 (1) 1 (1) more times.

*Total amount of stitches after working the Sleeve first round: 64 (70) 74 (80) 86 (94) 100 (108) sts.*

**Round 5 (4) 4 (4) 3 (3) 3 (3)** K1, k2togR, knit to last 3 sts, k2togL, k1, sm. [Decreased: 2 sts]

Continue work in knit stitches until 60 (62) 64 (66) 68 (70) 72 (74) rounds have been worked counting from the Sleeve first round. Work decreases k2togR and k2togL in every 5 (4) 4 (4) 3 (3) 3 (3) round counting from the Round 5 (4) 4 (4) 3 (3) 3 (3) (it means that next decreases will be worked in Round 10, Round 15, Round 20 and etc.).

*Total amount of stitches after working the Sleeve: 40 (40) 42 (48) 42 (48) 52 (60) sts.*

### **Cuff**

Cuff is worked in rounds using 5mm (US8, UK6) 20cm (7.75in) 5 pcs. double point needles.



**Round 1** \*K2, p2; rep from \* to last 2 sts, k2, sm. **Note: for sizes M, XL: in the Cuff first round last four stitches are worked “p2tog, p2tog”.**

Continue work in established Rib stitch pattern (k2, p2) until 20 rounds have been worked counting from first cuff round.

**Cast off:** repeat the Hem cast-off.

Repeat the same steps with another sleeve.

## **Finishing**

Weave in all yarn endings. Wash sweater with hands in a cold or lukewarm water and use ecological detergent suited for sweater washing. Dry it flat.

Neringa Rūkė © COPYRIGHT 2021

[www.rukeknit.com](http://www.rukeknit.com) [info@ruke.lt](mailto:info@ruke.lt)



[@rukeofficial](https://www.instagram.com/rukeofficial)



[rukeofficial](https://www.etsy.com/shop/rukeofficial)



[rukeneringa](https://www.pinterest.com/rukeneringa)

This pattern is for private use only. This pattern may not be copied, sold or otherwise distributed. Products made systematically from this pattern may not be sold. You are welcome to share your version of the YOGA WINTER SWEATER on Instagram by tagging @rukeofficial on photo or using hashtags

**#rukeknit**

**#iknitrue**

**#yogawintersweater**

Happy knitting!

