



breathing space

by veera välimäki

The art of breathing, something we rarely really pay attention to, is so much like letting go. It's something truly free. Let these lines guide you into that lovely and relaxed breathing space, keeping you grounded while your piece keeps growing, row after row and stripe after stripe. Find the quiet piece of movement with this little garment.

The sweater is worked from top down with raglan yoke and the asymmetric shaping makes it a very stylish and at the same time very easy to wear.

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Sizes

XS (S, M, L, XL) (2XL, 3XL, 4XL), shown in size small.

Finished chest circumference: 30 (34, 38, 42, 46) (50, 54, 58)" [75 (85, 95, 105, 115) (125, 135, 145) cm].

Choose a size with no ease to a small amount of positive ease.

Materials

Yarn: 2 (2, 3, 3, 3) (4, 4, 4) skeins of Singleton by The Uncommon Thread (100% superwash merino wool; 475 yards [435 meters] per 115g) and 1 (1, 2, 2, 2) (2, 2, 2) skeins of Tosh Merino Light by Madelinetosh (100% superwash merino wool; 420 yards [384 meters] per skein).

Approx. 1140 (1280, 1450, 1650, 1820) (2000, 2170, 2390) yards [1040 (1170, 1325, 1510, 1665) (1830, 1990, 2190) meters] of fingering weight yarn; 820 (900, 1010, 1150, 1260) (1370, 1490, 1630) yards [750 (820, 925, 1050, 1155) (1250, 1365, 1490) meters] of MC and 320 (380, 440, 500, 560) (620, 680, 760) yards [290 (350, 400, 460, 510) (580, 630, 700) meters] of CC. The sample was knit in colorways Peat (MC, brown, Singleton) and Holi Festival (CC, speckled, Tosh Merino Light).

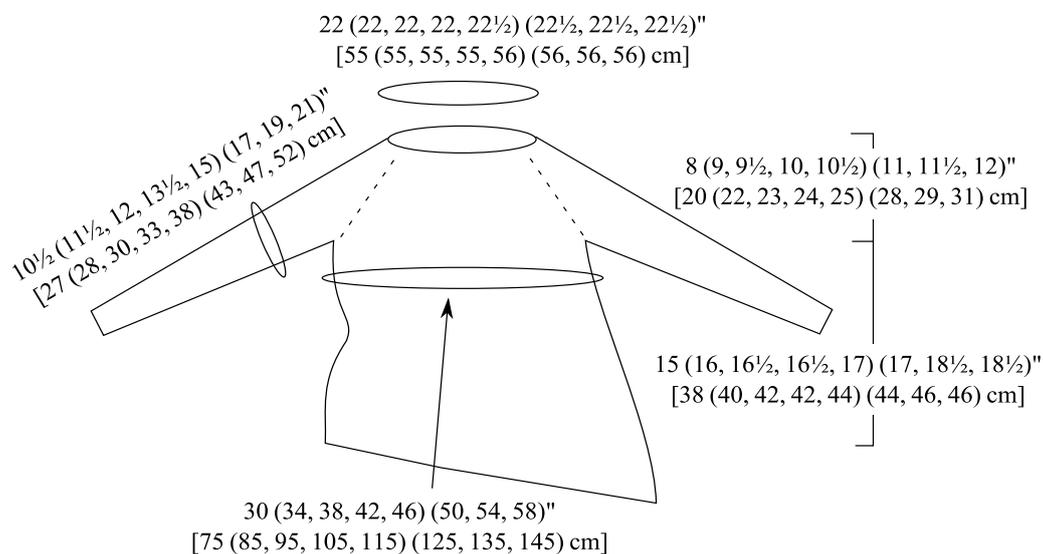
Needles: US 4 [3.5 mm] and US 2½ [3 mm] circular needle, 32" [80 cm] long, and dpns. Adjust needle size if necessary to obtain the correct gauge.

Other: Stitch markers, stitch holders/waste yarn, tapestry needle and blocking aids.

Gauge

24 stitches and 30 rows = 4" [10 cm] in Stockinette stitch, using larger needle.

Finished Measurements







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Collar

Using smaller circular needle and MC, CO 132 (132, 132, 132, 136) (136, 136, 136) stitches using a long-tail cast-on. Join carefully, without twisting your stitches, and place marker for the BOR. Work 7 rounds in twisted ribbing (*k1 tbl, p1; repeat to end of round).

Yoke

Change to larger circular needle and continue with yarn attached. Begin short rows to shape the neck.

Short row 1 (RS): Sm, m1L, knit 20 (16, 12, 10, 10) (10, 10, 10), m1R, pm, knit 4, m1L, knit 38 (42, 46, 48, 50) (50, 50, 50), m1R, k4, pm, m1L, knit 20 (16, 12, 10, 10) (10, 10, 10),

m1R, pm, knit 4, m1L, k1, W&T.

Short row 2 (WS): Purl to BOR marker, sm, p4, m1R (purl), p1, W&T.

Short row 3 (RS): Knit to marker, sm, m1L, knit to m, m1R, sm, k4, m1L, knit until 4 sts before marker remain, m1R, k4, sm, m1L, knit to m, m1R, sm, k4, m1L, knit to previous wrapped stitch, pick up the wrap (*k2tog the wrap and the wrapped stitch*), W&T.

Short row 4 (WS): Purl to BOR marker, sm, p4, m1R (purl), p to previous wrapped stitch, pick up the wrap (*ssp the wrap and the wrapped stitch*), W&T.

Repeat **Short Rows 3 and 4** – 4 (4, 5, 5, 6) (6, 6, 6) more times. Knit to end of round marker. *You should have 180 (180, 188, 188, 200) (200, 200, 200) sts on needles.*

Start working in the round again and continue raglan shaping using MC only – *Note: pick up the last two remaining wraps on the very first round (make sure the wraps stay on WS of the work).*

Round 1 (RS, increases): Sm, m1L, knit to m, m1R, sm, k4, m1L, knit until 4 sts before marker remain, m1R, k4, sm, m1L, knit to m, m1R, sm, k4, m1L, knit until 4 sts before marker remain, m1R, k4.

Round 2 (RS): Sm, knit to end of round slipping markers.

Repeat **Rounds 1 and 2** – 9 (12, 14, 17, 18) (20, 21, 23) times more. Then begin striping:

Round 3 (CC, RS, increases): Sm, m1L, knit to m, m1R, sm, k4, m1L, knit until 4 sts before marker remain, m1R, k4, sm, m1L, knit to m, m1R, sm, k4, m1L, knit until 4 sts before marker remain, m1R, k4.

Round 4 (CC, RS): Sm, knit to end of round slipping markers.

Round 5 (MC, RS, increases): Sm, m1L, knit to m, m1R, sm, k4, m1L, knit until 4 sts before marker remain, m1R, k4, sm, m1L, knit to m, m1R, sm, k4, m1L, knit until 4 sts before marker remain, m1R, k4.

Round 6 (MC, RS): Sm, knit to end of round slipping markers.

Repeat **Rounds 3 to 6** – 1 (1, 1, 2, 2) (3, 4, 5) more time(s). Then work **Rounds 3 to 5** – once more.

Note: you will now have worked only one round of the last MC stripe and you should have 308 (332, 356, 396, 416) (448, 472, 504) sts on needle.

Divide for body and sleeves

Next round (RS, MC): Remove marker, place the stitches before next marker (the next 64 (66, 68, 76, 80) (88, 94, 102) stitches) on holder for sleeve, remove marker, CO 0 (1, 2, 3, 5) (7, 9, 12) stitches using backwards-loop cast-on, pm (new BOR), CO 0 (1, 2, 3, 5) (7, 9, 12) stitches using backwards-loop cast-on, knit to next marker, remove marker, place the stitches before next marker (the next 64 (66, 68, 76, 80) (88, 94, 102) stitches) on holder for sleeve, remove marker, CO 0 (1, 2, 3, 5) (7, 9, 12) stitches using backwards-loop cast-on, pm, CO 0 (1, 2, 3, 5) (7, 9, 12) stitches using backwards-loop cast-on, knit to end of round.

You should have 180 (204, 228, 256, 276) (300, 320, 348) stitches on needle for the body and 64 (66, 68, 76, 80) (88, 96, 102) stitches on each holder for sleeves.

Body

Continue in Stockinette stitch and work striping as established (two rounds of CC, two rounds of MC) until you have worked 3 stripes in both

MC and CC after underarm, ending with a MC stripe.

Begin short row shaping:

Short row 1 (RS; CC): K5, m1L, k3, W&T.

Short row 2 (WS; CC): Purl to m, sm, p5, m1R (purl), p3, W&T.

Short row 3 (RS; CC and MC): Knit to marker using CC, sm, change to MC and knit to previous wrapped st, pick up the wrap (k2tog the wrap with the wrapped st), m1L, k3, W&T.

Short row 4 (WS; MC): Purl to m, sm, purl to previous wrapped st, pick up the wrap (ssp the wrap with the wrapped st), m1R (purl), p3, W&T.

Short row 5 (RS; MC and CC): Knit to marker using MC, sm, change to CC and knit to previous wrapped st, pick up the wrap (k2tog the wrap with the wrapped st), m1L, k3, W&T.

Short row 6 (WS; CC): Purl to m, sm, purl to previous wrapped st, pick up the wrap (ssp the wrap with the wrapped st), m1R (purl), p3, W&T.

Short row 7 (RS; CC and MC): Knit to marker using CC, sm, change to MC and knit to previous wrapped st, pick up the wrap (k2tog the wrap with the wrapped st), m1L, k3, W&T.

Short row 8 (WS; MC): Purl to m, sm, purl to previous wrapped st, pick up the wrap (ssp the wrap with the wrapped st), m1R (purl), p3, W&T.

Short row 9 (RS; MC and CC): Knit to marker using MC, sm, change to CC and k5, m1L, knit to previous wrapped st, pick up the wrap (k2tog the wrap with the wrapped st), m1L, k3, W&T.

Short row 10 (WS; CC): Purl to m, sm, p5, m1R (purl), purl to previous wrapped st, pick up the wrap (ssp the wrap with the wrapped st), m1R (purl), p3, W&T.

Repeat **Short Rows 3 to 10** – 3 (4, 5, 5, 6) (6, 7, 7) more times. Work **Short Rows 3 and 4** – 1 time more. Knit to end of round in MC.

Start working in the round again in St st, striping and increasing on left side as established (*on every 8th round: Sm, k5, m1L, knit until 5 sts before BOR marker remain, m1R, knit to marker*) and pick up the last remaining wraps on the very first rounds. Work until the body measures 3" [8 cm] from

underarm (measured from right underarm, from the shorter side).

Then begin waist shaping of right side – *note: keep increasing on left side on every 8th round as before.*

Decrease Round (RS, keep striping continuous): Sm, if necessary in your size work an increase as established for left side, knit until 9 stitches before next marker remain, k2tog, knit to marker, sm, k7, ssk, knit to end working another increase for left side if necessary in your size.

Repeat the **Decrease Round** three more times on every 4th round. Work 1½” [4 cm] in St st in striping. Then begin waist increases.

Increase Round (RS, keep striping continuous): Sm, if necessary in your size work an increase as established for left side, knit until 10 stitches before next marker remain, m1R, knit to marker, sm, k10, m1L, knit to end working another increase for left side if necessary in your size.

Repeat the **Increase Round** three more times on every 4th round. Work 1 (1, 2, 2, 3) (3, 4, 4) more

CC stripes after you have completed the waist shaping and work the increases of the left side until all stripes are worked.

Continue in Stockinette stitch using MC only until the body measures 14 (14½, 15, 15, 15½) (15½, 16, 16)” [34 (36, 38, 38, 40) (40, 42, 42) cm] from underarm measured from the right side seam, shorter side. Change to smaller circular needle and work 1½” [4 cm] in twisted ribbing (*k1 tbl, p1; repeat from * to end of round). BO all body stitches in twisted ribbing on next round loosely.

Sleeves

Place the held 64 (66, 68, 76, 80) (88, 96, 102) stitches on larger dpns. With RS facing and using MC, pick up and knit 0 (1, 2, 3, 5) (7, 9, 12) stitches from the center of underarm cast-on stitches to stitches on dpns, work the stitches on needles and pick up and knit 0 (1, 2, 3, 5) (7, 9, 12) stitches to the center of underarm [64 (68, 72, 82, 90) (102, 114, 126) stitches on needle].



Place a BOR marker and knit one round in MC. Continue in St st and striping (2 rounds of CC, 2 rounds of CC; begin with one round of MC to keep the striping continuous). When the sleeve measures 3" [8 cm] from underarm, begin decreases.

Decrease round (RS, keep striping continuous):

Sm, k2, ssk, knit until 4 stitches before marker remain, k2tog, knit to end.

Repeat the ***Decrease round*** twice more every 2" [5 cm]. Work striping until the sleeve measures 11" [28 cm] from underarm. Continue even in St st

using MC only, until the sleeve measures 13" [33 cm] from underarm. Change to smaller dpns and work 1½" [4 cm] in twisted ribbing (*k1 tbl, p1; repeat from * to end of round). BO all sleeve stitches in twisted ribbing on next round loosely.

Finishing

Weave in ends and block sweater to finished measurements. using your preferred method.



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For any questions, please contact veera.100rain@gmail.com.

glossary

terms and useful links

Long-tail CO

<http://www.purlsoho.com/create/2006/09/29/long-tail-cast-on/>

abbreviations

approx:	Approximately
BO:	Bind off
BOR:	Beginning of round
CC:	Contrasting color
CO:	Cast on
k:	Knit
k2tog:	Knit 2 sts together; decrease.
m1R:	Right slanting increase, make one right. Lift the horizontal bar between stitches from front (i.e. insert left needle from back) and knit into the front of the loop.
m1L:	left slanting increase, make one left. Lift the horizontal bar between stitches from back (i.e. insert left needle from front) and knit into the back of the loop.
m1R (purl):	Right slanting purled increase, make one right. Lift the horizontal bar between stitches from front (i.e. insert left needle from back) and purl into the front of the loop.
m1L (purl):	Left slanting purled increase, make one left. Lift the horizontal bar between stitches from back (i.e. insert left needle from front) and purl into the back of the loop.
MC:	Main color
p:	purl
p2tog:	Purl 2 sts together; decrease.
pm:	Place marker
RS:	Right side
sl:	Slip
sm:	Slip marker
ssk:	Slip, slip, knit slipped sts tbl; decrease.
ssp:	Slip, slip, purl slipped sts tbl; decrease.
st(s):	Stitch (stitches)
St st:	Stockinette stitch; knit on RS, purl on WS.
tbl:	Through back loop
W&T:	Wrap and turn; work to place stated in pattern, bring yarn front, slip the next st without knitting it, bring the yarn back, slide the slipped st back on left needle, and turn work.
WS:	Wrong side
yo:	Yarnover

