

YARDANA SWEATER

BY [TETI LUTSAK](#)

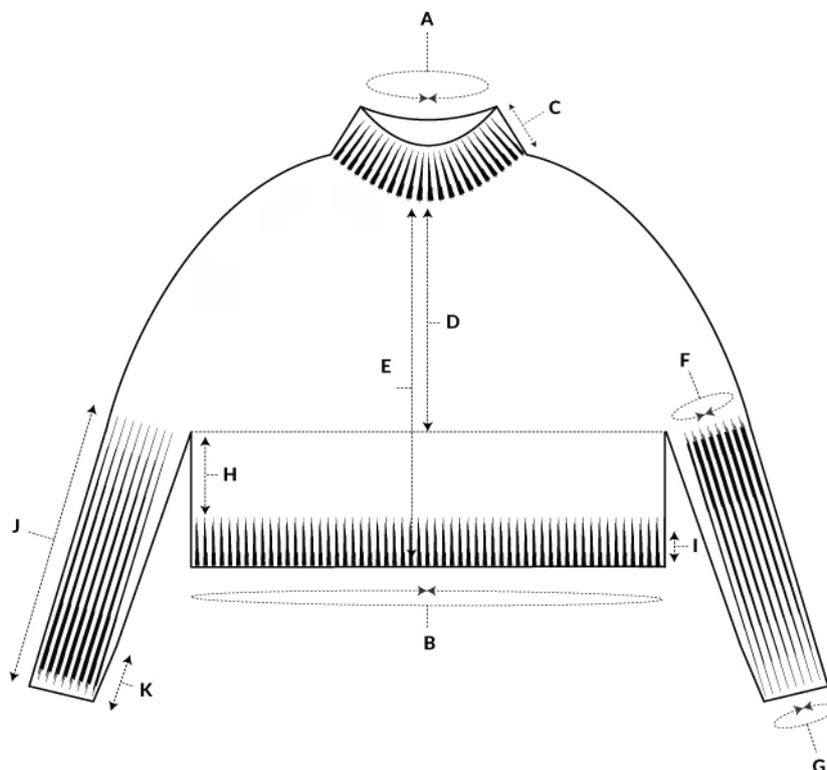


Inspired by the ancient Slavic deities Yarylo, the bringer of spring and vitality, and Dana, the goddess of water and fertility, the Yardana sweater embodies the harmony of sun and rain, growth and renewal.

Knit in warm brown and soft white, Yardana also draws inspiration from pysanka – Ukrainian egg art rich with symbolism. Each intersection in the pattern represents the four corners of the world, a reminder of life's interconnectedness. Rake-like motifs call for rain, their lines guiding falling raindrops to nourish the land. From that water, seedlings emerge, marking the beginning of a new cycle of life.

The sweater is knit top-down in the round. It's a round yoke pullover with a deep yoke, almost like a swoncho, tapered sleeves and boxy body. In smaller sizes the yoke is as deep as the height of the colourwork section, in larger sizes you can choose to split for the body and sleeves as soon as colourwork is done. The neckline is shaped with short rows. All edges and the sleeves are worked in 2x2 ribbing.

You can take a closer look at my sample and discover the design process in [this episode](#) of my podcast.



A | 42 (48, 48, 48) (55, 56, 58) cm
16.75 (19.25, 19.25, 19.25) (22, 22.5, 23.25) in

B | 94 (108, 120, 134) (146, 160, 172) cm
37.5 (43.25, 48, 53.5) (58.5, 64, 68.75) in

C | 7 cm (2.75 in)

D | 26 (27, 29, 31) (32, 32, 33) cm
10.5 (10.75, 11.5, 12.25) (12.75, 12.75, 13.25) in

E | front (w/o neck):
47 (47, 49, 51) (52, 52, 53) cm
18.5 (18.75, 19.5, 20.25) (20.75, 20.75, 21.25) in

E | back (w/o neck):
52 (52, 54, 56) (57, 57, 58) cm
20.5 (20.75, 21.5, 22.25) (22.5, 22.75, 23.25) in

F | 32 (34, 38, 42) (46, 50, 56) cm
12.75 (13.5, 15.25, 16.75) (18.5, 20, 22.5) in

G | 24 (26, 26, 26) (30, 30, 32) cm
9.5 (10.5, 10.5, 10.5) (12, 12, 12.75) in

H | 14 cm (5.75 in)
I | 7 cm (2.75 in)
J | 34 cm (13.5 in)

K | 7 (7, 10, 13) (13, 16, 19) cm
2.5 (2.5, 3.75, 5) (5, 6.25, 7.5) in

SIZES

The pattern is written for seven sizes
1 (2, 3, 4) (5, 6, 7)
with a finished bust circumference of
ca. 94 (108, 120, 134) (146, 160, 172) cm //
37.5 (43.25, 48, 53.5) (58.5, 64, 68.75) in
incl. ca. 25 cm (10 in) of the recommended positive ease.

The bust measurement is taken after the
separation for the body and sleeves, which
in this case is under the actual bust.

The sample is shown in size 2 on a 160 cm (5' 3")
tall model with 84 cm (33 in) bust measurement.
For more of the finished garment measurements,
please refer to the schematic.

YARN

MC: ca. 180 (205, 225, 250) (275, 300, 325) g
or 2 (3, 3, 3) (3, 3, 4) plates of Plotulopi from Istex,
100% icelandic wool with 300 m (328 yds) in 100 g,
shown in colourway Dark wood (852020), single strand;
or ca. 540 (615, 675, 750) (825, 900, 975) m //
591 (673, 738, 821) (903, 985, 1067) yds of any
other **sport/DK weight yarn** to match the gauge.
**The MC yardage estimation includes 10% extra
but get more if planning to add body/sleeve length.**

CC: ca. 50 (55, 60, 65) (70, 77, 85) g or 1 plate of the
same yarn, shown in colourway Ivory Beige (851038);
or ca. 150 (165, 180, 195) (210, 231, 255) m //
164 (181, 197, 213) (230, 253, 279) yds
of any other **sport/DK weight yarn**.

NEEDLES AND NOTIONS

- 3.0 mm (US 2.5), 3.5 mm (US 4) and 3.75 mm (US 5) circular needles;
- spare cables, spare circular needles or scrap yarn to keep sts on hold;
- a few stitch markers;
- a tapestry needle to weave in the ends.

GAUGE

- 20 sts & 24 rnds in 10 cm (4 in) on 3.5 mm (US 4) needles measured over **colourwork** and on 3.75 mm (US 5) over **st st** worked in the round after blocking;

Note || If you tend to knit colourwork tighter than stockinette, you might need to swap the needle sizes. I tend to do the opposite.

- 20 sts & 30 rnds in 10 cm (4 in) on 3.0 mm (US 2.5) needles measured over **2x2 ribbing** of the neck worked in the round after blocking;
- 19 sts & 26 rnds in 10 cm (4 in) on 3.5 mm (US 4) needles measured over **2x2 ribbing** of the hem and sleeves worked in the round after blocking.

Adjust the needle sizes to obtain the required gauge.

ABBREVIATIONS AND TECHNIQUES

BOR/EOR – beginning/end of the row/round;

ca. – circa – approximately;

CC – contrasting colour;

kX – knit X sts; **k2tog** – knit 2 sts together;

kall – knit all sts to EOR;

LH – left hand (needle);

LLI – [left lifted increase](#) – lift the left leg of the stitch 2 rows below the stitch on RH needle onto LH needle and knit it through the back loop;

MC – main colour;

pX – purl X sts;

R/Rnd – row/round;

rep – repeat;

RH – right hand (needle);

RLI – [right lifted increase](#) – lift the right leg of the st below the next st on the LH needle onto the LH needle and knit it;

RS – right side of the work;

SR – short row;

ssk – slip the next 2 sts, one by one, knitwise, insert the LH needle, from left to right, into the fronts of those 2 sts and knit them together through the back loop;

st(s) – stitch(es);

st st – stockinette stitch;

wall – work all sts to EOR according to the previously established pattern;

w&t – [wrap and turn](#) –

- at the end of the row on the RS, with the yarn at the back, slip next st purlwise to the RH needle, bring the yarn to the front, return the last st from the RH needle to the LH needle and turn your work, bring the yarn in front and follow instructions for the next row;
- at the end of the row on the WS, keep the yarn in the front, slip the next st purlwise to the RH needle, turn your work, bring the yarn to the front, move the first st to the RH needle, bring the yarn to the back and follow instructions for the next row;
- resolve wraps [as shown](#);

WS – wrong side of the work;

yo – yarn over.

INSTRUCTIONS | NECK

Using a long-tail cast-on or any other cast-on method for 2x2 ribbing with 3.0 mm (US 2.5) needles and MC cast on 84 (96, 96, 96) (108, 112, 116) sts.

Join to work in the round and place the BOR marker.

Rnds 1-20 (20 rnds): k1, *p2, k2;

rep from * till 3 sts to EOR, p2, k1.

Adjust the length of the neck ribbing as you see fit.

Next rnd: switch to 3.5 mm (US 4) needles and kall.

Next rnd: *k6 (6, 4, 4) (6, 4, 4), LLI; rep from * to EOR. 98 (112, 120, 120) (126, 140, 145) sts.

Next rnd: kall.

SHAPING THE BACK OF THE NECK

SR1 (RS): from the BOR in the middle of the back, k15 sts, w&t.

SR2 (WS): p to BOR, slip marker, p15 sts, w&t.

SR3 (RS): k to previous wrap, resolve wrapped st, k5, w&t.

SR4 (WS): p to previous wrap, resolve wrapped st, p5, w&t.

SR5, SR7, SR9 (RS): rep like in SR3.

SR6, SR8, SR10 (WS): rep like in SR4.

SR11 (RS): k to BOR.

NECK | CONTINUED

Rnd 1: kll and at the same time resolve the remaining wrapped sts.

Rnd 2: *k7 (7, 5, 6) (6, 7, 5), LLI; rep from * to EOR. 112 (128, 144, 140) (147, 160, 174) sts.

Rnd 3: kll.

SIZE 1: move to the next section.

ALL OTHER SIZES: rep **Rnd 3** one more time.

SIZE 2: move to the next section.

SIZE 3: rep **Rnd 3** one more time and move to the next section.

SIZE 4:

Next rnd: *k7, LLI; rep from * to EOR (160 sts).

Next 2 rnds: kll and move to the next section.

SIZE 5

Next rnd: *k5, LLI;

rep from * till 2 sts to EOR, k2 (176 sts).

Next 2 rnds: kll and move to the next section.

SIZE 6

Next rnd: *k5, LLI; rep from * to EOR (192 sts).

Next 2 rnds: kll and move to the next section.

SIZE 7

Next rnd: *k5, LLI;

rep from * till 4 sts to EOR, k4 (208 sts).

Next 2 rnds: kll and move to the next section.

YOKE | COLOURWORK SECTION

Rnd 1: pick up CC yarn and follow the pattern chart provided on page 6.

Note || To catch long floats you might want to use a [ladder-back jacquard](#) technique, but it's not necessary if you've mastered catching/trapping floats in a regular stranded colourwork.

After **Rnd 59** with a total of 266 (304, 342, 380) (418, 456, 494) sts return to the written instructions.

YOKE | PLAIN SECTION

Rnd 60: k1 with CC, break CC yarn and kll with MC.

SIZES 1 (2): move to the next section.

ALL OTHER SIZES for a deeper yoke and a slight swoncho-like fit work in st st for another - (-, 4, 7) (9, 10, 13) rnds or move to the next section when you see fit.

Note || If aiming for a proper swoncho fit, consider adding extra increases on the yoke.

SEPARATION FOR THE BODY AND SLEEVES

Next rnd: starting from the BOR marker in the middle of the back,

- k41 (48, 54, 60) (66, 72, 77) sts of the back,
- temporarily bind off or place on hold the next 51 (56, 63, 70) (77, 84, 93) sts for the right sleeve,
- cast on 12 (12, 12, 14) (14, 16, 18) sts for the underarm using a backward loop cast-on,
- k82 (96, 108, 120) (132, 144, 154) sts of the front,
- temporarily bind off or place on hold the next 51 (56, 63, 70) (77, 84, 93) sts for the left sleeve,
- cast on 12 (12, 12, 14) (14, 16, 18) sts for the underarm,
- k41 (48, 54, 60) (66, 72, 77) sts to EOR.

You will have a total of

188 (216, 240, 268) (292, 320, 344) sts for the body.

BODY

Switch to 3.75 mm (US 5) needles if necessary to maintain the gauge and work in **st st** for at least **34 rnds** or until the body measures ca. 14 cm (5.75 in) for a cropped version as shown on the pictures.

Add more rnds if necessary, given that the hem will add another 7 cm (2.75 in).

HEM

Switch to 3.0 mm (US 2.5) needles if looking for a tighter hem.

Rnds 1-18: k1, *p2, k2; rep from * till 3 sts to EOR, p2, k1.

Add more rnds if necessary to adjust the length.

Next rnd: kll.

Bind off all sts using a purl bind-off. Break the yarn and weave in the end.

SLEEVES

Return to the sts left on hold for the sleeves and follow these instructions twice or use [a magic loop](#) to work two sleeves simultaneously.

Rnd 1: with 3.5 mm (US 4) needles starting in the middle of the underarm,

- pick up and k6 (6, 6, 7) (7, 8, 9) sts of the underarm,
- pick up and k1 (0, 1, 0) (1, 0, 1) extra st between the body and sleeve,

SLEEVES | CONTINUED

Note || If you want to pick up extra sts to avoid holes between body and underarms, make sure to decrease them in the next rnd.

Rnd 1 (continued):

- k51 (56, 63, 70) (77, 84, 93) sts of the sleeve;
- pick up and k6 (6, 6, 7) (7, 8, 9) sts of the underarm.

You will have a total of
64 (68, 76, 84) (92, 100, 112) sts.

Join to work in the round and place a BOR marker.

Note || As per original design the sleeves are shaped with rather dramatic decreases towards the cuff. If that's not your cup of tea, opt for straight ribbed (2x2 ribbing, no decreases), tapered stockinette (st st, gradual decreases) or modified ribbed sleeve (2x2 ribbing, more spaced out decreases, see below under modest shaping).

Rnd 2: k1, *p2, k2;
rep from * till 3 sts to EOR, p2, k1.

Note || Based on tester's feedback you might need a few extra rnds but beware that blocking might also add length to your sleeves.

DRAMATIC SHAPING

Work in 2x2 ribbing for a total of
73 (73, 65, 57) (57, 49, 41) rnds.
Add more rnds if necessary given that the remaining shaping section will add
ca. 7 (7, 10, 13) (13, 16, 19) cm //
2.5 (2.5, 3.75, 5) (5, 6.25, 7.5) in.

When ready, start shaping the sleeve as follows.

Rnd 1: ssk, work following the established ribbing pattern till 2 sts to EOR, **k2tog**.
62 (66, 74, 82) (90, 98, 110) sts.

Rnd 2: wall.

Repeat **Rnd 1 and 2**

7 (7, 11, 15) (15, 19, 23) more times, finishing with a total of 48 (52, 52, 52) (60, 60, 64) sts.
Add more rnds if necessary.

MODEST SHAPING

Work in 2x2 ribbing for a total of
65 (65, 53, 41) (41, 29, 17) rnds.
Add more rnds if necessary given that the remaining shaping section will add
ca. 10 (10, 14, 19) (19, 23, 28) cm //
3.75 (3.75, 5.75, 7.5) (7.5, 9.5, 11.25) in.

When ready, start shaping the sleeve as follows.

Rnd 1: ssk, work following the established ribbing pattern till 2 sts to EOR, **k2tog**.
62 (66, 74, 82) (90, 98, 110) sts.

Rnds 2 and 3: wall.

Repeat from **Rnd 1 to 3**

7 (7, 11, 15) (15, 19, 23) more times, finishing with a total of 48 (52, 52, 52) (60, 60, 64) sts.
Add more rnds if necessary.

BOTH OPTIONS

Next rnd: kall.

Bind off all sts using a purl bind-off.
Break the yarn and weave in the end.

FINISHING AND BLOCKING

Weave in the remaining ends. For wet blocking, soak the garment in lukewarm water. Gently squeeze to remove most of the water and then roll in a towel to dry. Pin out to measurements or desired size/shape and leave flat to dry. If you want more ease in the sleeves, block them a bit harder to flatten the 2x2 ribbing.

SHARING AND FEEDBACK

If you feel like sharing pictures or your thoughts about the design, please do so in your projects on [Ravelry](#) and/or under [#yardanasweater](#) hashtag on [Instagram](#)/[Facebook](#).

I am always thrilled to see your projects!

STAY IN TOUCH

If you wish to stay in touch and see what I'm up to, follow me on [Instagram](#) or support my work via [Patreon](#) to get an early access to test knit calls, exclusive discounts and videos.

You can also keep an eye on the upcoming test knit calls and new releases by signing up for [my newsletter](#).

My knitting patterns are available on [my website](#), [Ravelry](#), [Etsy](#) and [Payhip](#).

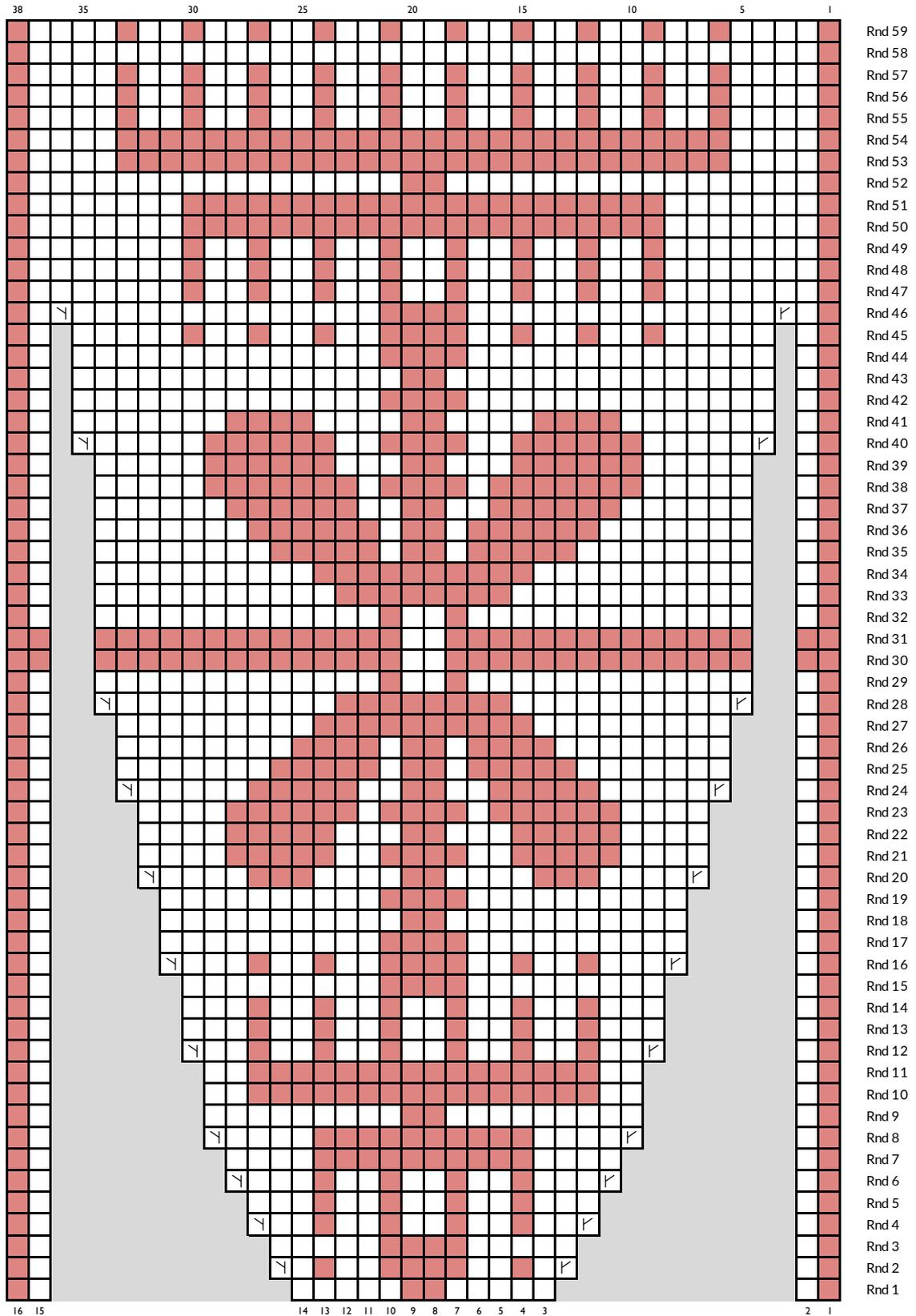
I also regularly discuss my designs on my [YouTube channel](#), feel free to stop by.

If you have questions or found a mistake, please contact me via email at support@tetilutsak.com and I will do my best to help you.

Happy knitting and thank you for supporting my work,
Teti

YOKE PATTERN CHART

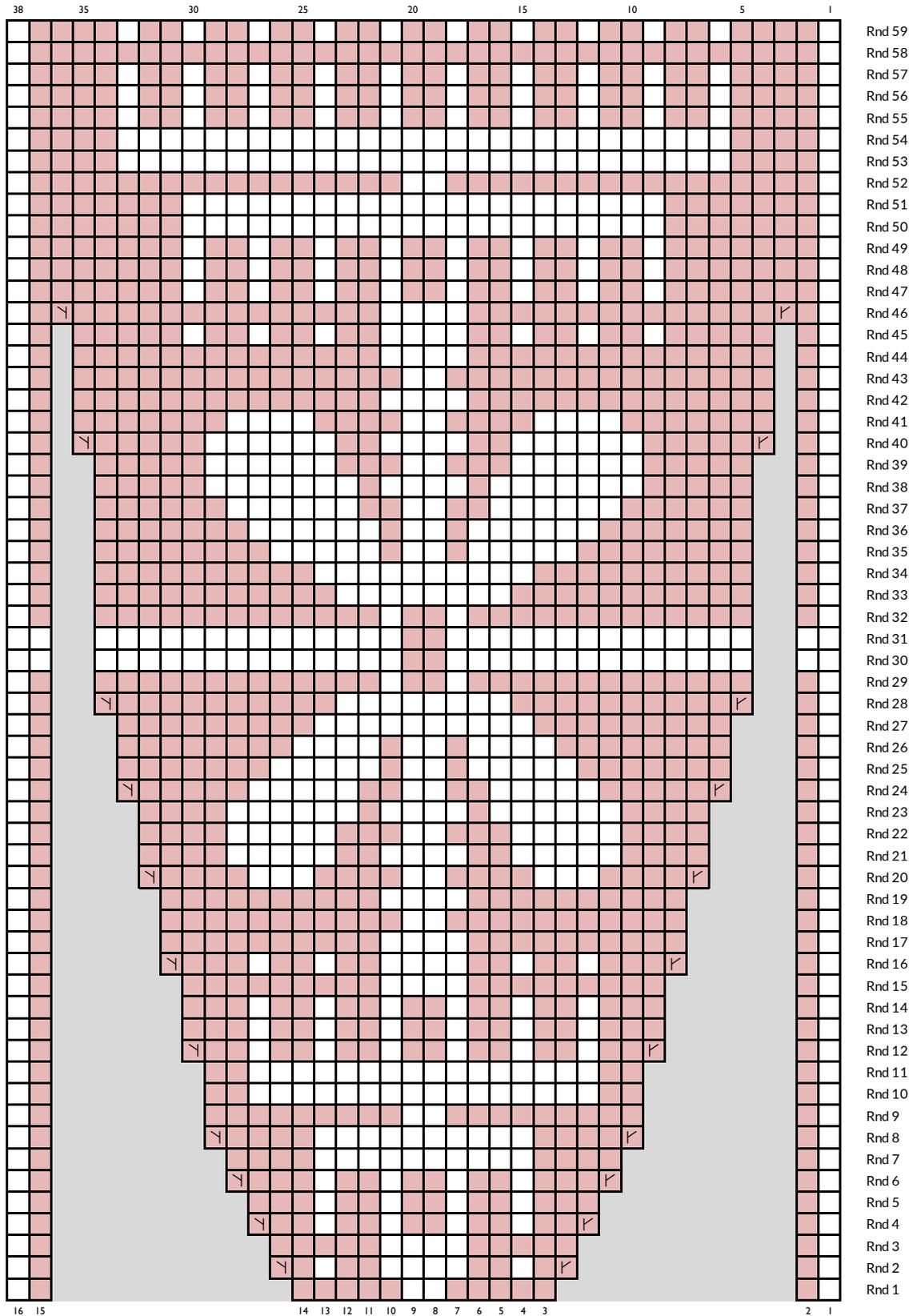
Yardana sweater | design by Teti Lutsak



no stitch
 ┌ RLI
 └ LLI
 k CC
 k MC

YOKE PATTERN CHART

Yardana sweater | design by Teti Lutsak



no stitch RLI LLI k CC k MC