

# Meditation Shawl

By Mary Ann Gebhardt



*Meditation is the state of consciousness characterized by still and inner calm. Create a meditation shawl while saying a prayer, a mantra, or intentions, and as you knit, these peaceful words will be infused into the shawl.*

## Materials

**Yarn:** Approximately 490 yds, (449 m) cotton, rayon, mohair, or cashmere yarn. Choose the textures of the yarns that you'd like wrapped around you for meditation; trust your creativity. (Sample is knitted in Yarnspirations Cotton Ripple Cakes.)

**Needles:** US 7 or 8 32-inch circular needles, or a larger needle if you want a lacier look.

## Pattern Stitch/Abbreviations

**garter stitch:** knit all rows

**k1:** knit 1

**k1fb:** knit one front back; a method for increasing one stitch

**k2togtbl:** knit 2 together through back loop

**Note:** Reserve approximately 80 grams of yarn for I-cord bind-off and optional tassel.

## SHAWL

Loosely cast on 3 stitches.

**Row 1:** k1, k1fb, k1, k1fb, k1.

**Row 2:** k1, k1fb, knit to last stitch, k1fb, k1.

**Row 3:** Continue in garter stitch, increasing 1 stitch on the second stitch and second to last stitch (2 stitches per row). Repeat Row 3 until you have approximately 200 stitches or about 19.5 inches from the V to top.

## I-Cord Bind-Off

Cast on 3 stitches, at the beginning of the row, using the cable cast-on method.

**Row 1:** \* k2, k2togtbl, slip the last 3 stitches onto left needle; repeat from \* until shawl is bound off.

Learn how to work the I-cord bind-off in this [video tutorial](#) from the Knit Purl Hunter.

## Finishing

Weave in ends, lightly block the shawl.

## Optional Tassel

If you'd like to add a tassel to the point of your shawl, this [video tutorial](#) from the Knit Purl Hunter teaches you how to make one.

---

**Mary Ann Gebhardt** began knitting at age seven and yoga in her twenties. Yoga transformed her life, and knitting became increasingly more meditative and calming as she felt the yarn fibers slip through her fingers. Mary Ann is a registered member of the Yoga Alliance E-500 hour and Chopra Certified Instructor. Her love of yoga and meditation inspired her to travel to Nepal, where she learned about Tibetan singing bowls and the gifts of sound in healing meditation. Picking up her needles and quietly sitting to knit is pure peace for Mary Ann. Visit Mary Ann on her knitting site, [Nahyat Designs](#), or her yoga site, [Yoga by Mary Ann](#), or both!

