

yoga sling made from t-shirt yarn

supplies: 250 ft of t-shirt yarn
See online tutorial at myfrenchtwist.com for sources & more detailed information.
Refer to the Macrame page at myfrenchtwist.com for knot-tying tutorials.



step 1

Cut 20 pieces of rope, each measuring 150".



step 2

First, tie one of the pieces around the top of a rolled yoga mat or rolled towel.



This piece of rope is the top of the bag that will be tied and untied as you place your mat in and out. Keep the loose strands from this piece separate from the weaving process.

Next tie 16 pieces of rope onto this first piece, using the Lark's Head Knot. Space them evenly apart. You can see in the photo below how I tied the first piece around the top then added the other strands with Lark's Head Knots.



step 3

Now you are ready to begin making Square Knots. Tie a row of 8 Square Knots.



Next, make a row of Alternating Square Knots. Continue making rows of knots in this fashion until you reach the bottom of the yoga mat.



step 4

To form the bottom of the bag, make a Wrapped Knot.



IMPORTANT: The photos shown in this tutorial are of a yoga sling made with ROPE. However, I suggest using t-shirt yarn, as it is lightweight, stretchable & even machine washable!