

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!

