



# Sun Salutation



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Greet the day with your knitting! Literally, cast on before the crack of dawn, and at the precise moment when the sun peeks over the horizon, salute it by knitting a circle shape (the sun!) into the beginning of a scarf. Then follow the arc of the sun all day long--knitting your heart out trying to keep up--and at the end of the day, you'll have knit an entire scarf! In fact, as sunset nears, you'll even incorporate a slit into the scarf and you can "set" your wooly sun by sinking it into the slit after you swing it around your neck. One day. One scarf. Are you ready to set your alarm clock?

**Yarn:** 100% extrafine merino superwash wool. 105 yards (50g) each: blue, green, and orange. Important note: You will always double-up these yarns, knitting two strands at a time as if they were one. For the body of the scarf, use a blue/green yarn combo. For the "sun" part, use two strands of the orange.

**Needles & Gauge:** Size 10 ½ straight needles. Knitting in stockinette stitch, you will have a gauge of about 3.5 sts/inch. Finished scarf size is about 36 inches long and 5 inches wide. Note: the large gauge lets you knit an entire scarf in just one day! It will take approximately 4-6 hours to knit, leaving you time to play in the sun too.

**Yarn Preparation:** Make the following small balls of yarn BEFORE casting on:

- 1) Orange for the "sun." Measure out 2 strands, each 6 yards long, then combine them and roll them up into one ball together.
- 2) Blue/green for the slit. Draw strands from the green ball and the blue ball at the same time. Measure out 6 yards and roll them into one ball together.
- 3) Blue/green (ONLY if doing the optional intarsia technique, see below). Make another 6 yard blue/green ball.

**Begin:** Wake up one half hour before sunrise and cast on 19 stitches with the blue/green yarn combo. Knit 4 rows in garter stitch. From that point on, knit the main body of the scarf with stockinette, but always begin and end each row with 3 stitches of garter stitch. This will keep the scarf edges from curling and give it a nice finished border.

**Knit the Sunrise:** Begin the "sun" on row five at the moment that the real sun peeks over the horizon. Use the colorwork chart provided on reverse. Use the intarsia technique if you like, but a less challenging option is to just carry the blue/green yarns behind the sun shape. After the sun is complete, continue knitting all day long as the sun moves overhead, remembering to make the garter stitch edges. When your scarf is 26" long, create the slit "horizon."

**Make the Slit & Finish:** Starting on the right side, knit 10 stitches, then put the remaining 9 stitches onto a stitch holder. Turn work and then knit the needle stitches (to match the rest of the scarf body) for 14 rows, then transfer these 10 stitches to a stitch holder and drop the yarn. Using one of the small balls of blue/green yarn, knit the other 9 stitches that were on the first holder, beginning on the right side, for 14 rows. Then move the holder stitches onto the free needle (with the needle pointing in toward the center of the scarf) and return to knitting the scarf body. You will have a slit now! When the scarf is about 32" long, knit the last 4 rows in garter stitch. Cast off, weave in loose ends, and block to keep the edges from curling.

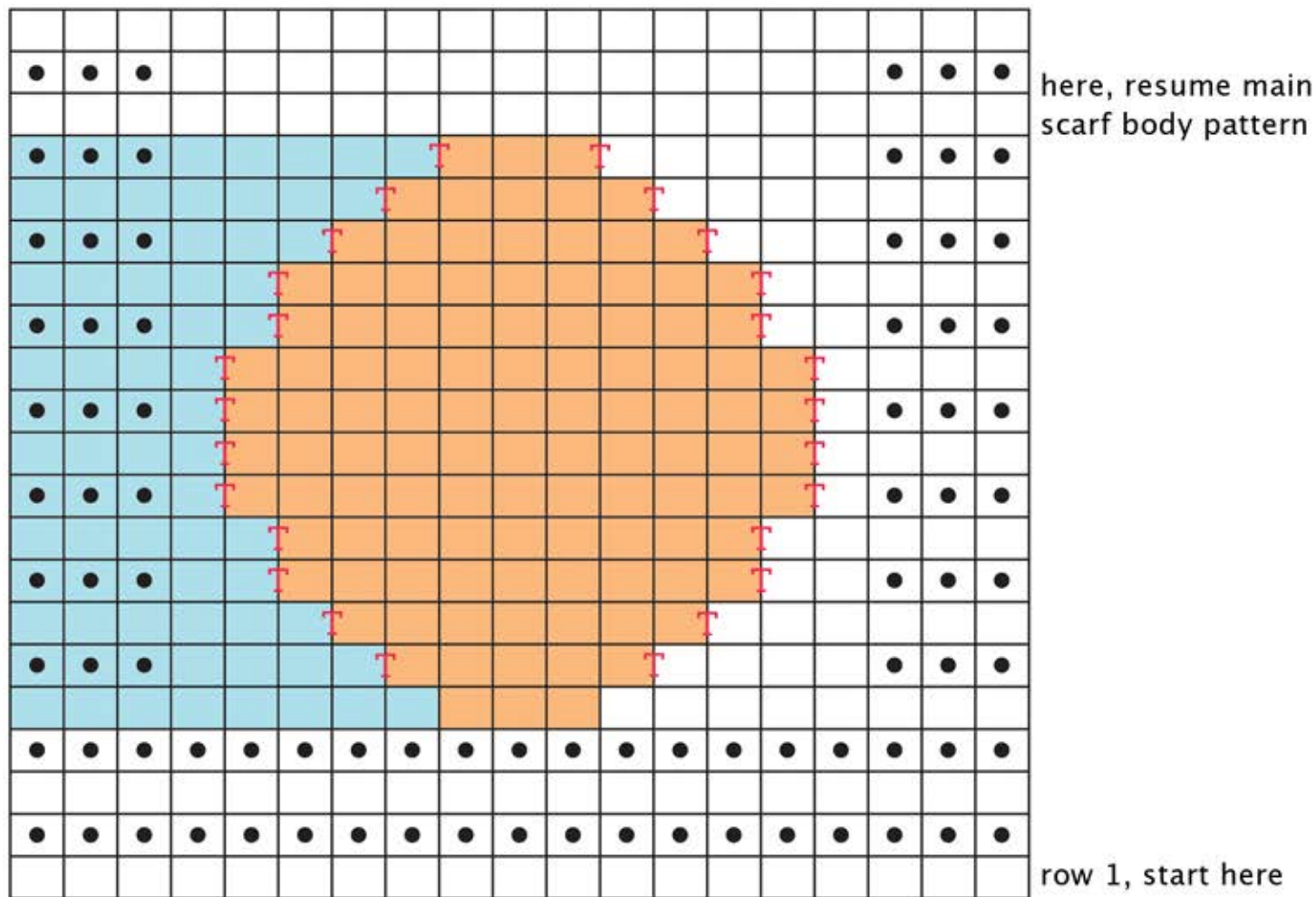
**Tips:** To allow plenty of daylight for knitting, make this scarf as close to the summer solstice as possible! Also, consider hiking up to a good view spot (or your roof!) for sunrise, or bicycling to an open area, like a beach or park, for a good view of the sunset.

Knit The Sky patterns are designed by [Lea Redmond](#) and Knit The Sky yarn kits are produced by [Leafcutter Designs](#).

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# Sun Chart



- Knit on the right side, Purl on the wrong side
- Knit on the wrong side, to make the garter stitch border
- Only if you are doing the intarsia option! The blue area on the chart means this is the section that will be created with the second small ball of blue/green yarn that you prepared before casting on.
- Only if you are doing the intarsia option! T for "twist"! Remember to twist the two yarns/colors around each other at each color change during the intarsia section. Otherwise, you will get a hole! If you are making the circle shape by carrying the yarns in back instead, just tread all of the blue squares in the chart as if they were white.