

BREATHE
EXTRA BLOCK of KAL “12 Blocks for Xmas”
by Cecilia Fameli

- CO 47 sts with US 8 (5 mm) needles.
- With US 7 (4.5 mm) needles, knit 4 rows.
- Work 5 rows in Stockinette Stitch with 3 garter sts at each side.
- Knit 1 row.
- Continue working as follows:

3 garter sts, **Breathe Stitch** over 41 sts, 3 garter sts (see the stitch glossary below) until you have a total length of 9.25” (23.5 cm).

I knitted 7 times the “Breathe” pattern complete + rows 1) to 5).

- Knit 4 rows.
- Bind off with US 8 (5 mm) needle. Cut yarn and weave in ends.

BREATHE STITCH

Row 1) k all sts

Row 2) purl all sts

Row 3) k all sts

Row 4) purl all sts

Row 5) k all sts

Row 6) purl all sts

Row 7) k all sts

Row 8) k all sts



BREATHE STITCH – CHART

- Read all odd rows from right to left, and all even rows from left to right.
- Repeat the grey painted part.

10														
														9
8	•	•	•	•	•	•	•	•	•	•				
														7
6														
														5
4														
														3
2														
														1

	k (RS) / p (WS)
•	p (RS) / k (WS)

