



Crochet Yoga-Pilates Strap

Skill Level: Easy

Hook Size: US K or 6.5mm

Yarn: Cotton yarn – 2 skeins of same or contrasting colors – I just used scrap-leftover yarn from Hobby Lobby I Love this Cotton- so you don't need the whole skein – crochet holding both yarns together

Measures: Approx. 70 in. long by 2.25 in. wide

To begin ch 8 (holding both yarns tog.), hdc in 3rd ch from hook and in each ch across – 6 hdc

Row 1: ch 1, hdc in 1st hdc and in each hdc across – 6 hdc

Rep row 1 for pattern until strap is approx. 74 to 76 in. long, or desired length. Fold the strap over approx. 4 to 5 inches and sl st to stitches in that place on strap to make the handle, if desired.

You can make this whatever size you want really. You can also fasten off and then use your tail ends to sew the loop handle in place. If you want a bigger loop just sew it down lower on the strap. Weave in all ends.

Abbreviations:

approx. – approximately

in - inches

ch – chain

sl st – slip stitch

hdc – half double crochet

rep - repeat

tog – together

This pattern was designed by Kimberlee from Kimberlees Korner. You may use this pattern to make your own yoga straps or to make yoga straps to sell. Please do not resell my pattern though as it was my own design. Thank you.

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