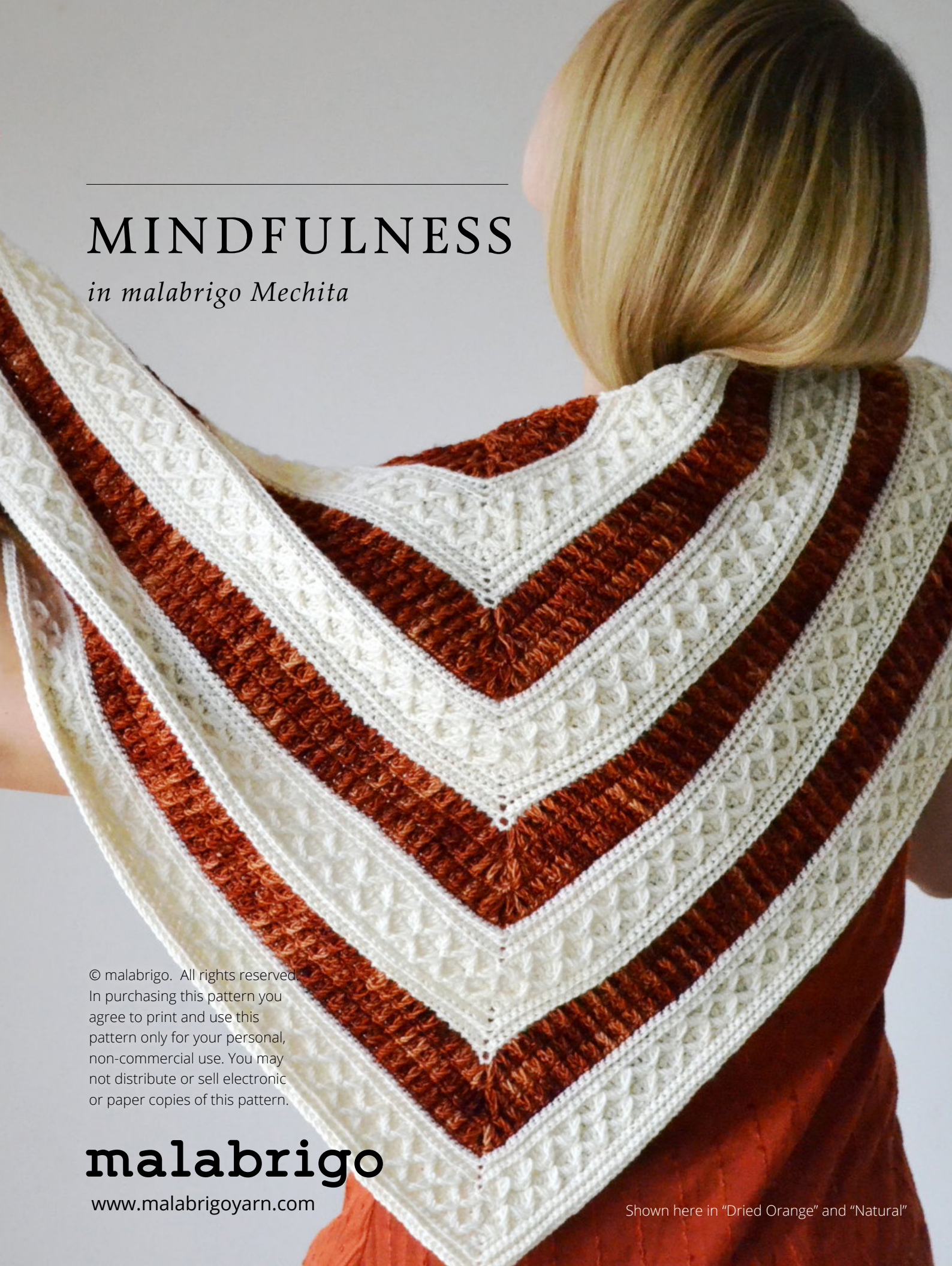
MINDFULNESS

in malabrigo Mechita



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Shown here in “Dried Orange” and “Natural”

MINDFULNESS

designed by Elena Fedotova

Pattern information

SIZES

One Size

FINISHED MEASUREMENTS

Length: 55¼" / 140cm

Width: 22½" / 7cm

YARN AMOUNTS

Main Color (MC):
1 skein malabrigo Mechita, *#895 Dried Orange*

Contrast Color (CC):
2 skeins malabrigo Mechita, *#063 Natural*

CROCHET HOOK

3.5mm / E-4 hook

NOTIONS

Tapestry needle

Stitch marker

GAUGE

20 stitches and 15 rows = 4"/10 cm, in textured st patt

TECHNIQUES

Working in back loops, Front post stitches,
Single crochet (sc), Double crochet (dc)





Abbreviations

[ ]	work instructions inside brackets as many times as directed
"	inches
cc	contrasting color
ch	chain
cm	centimeter(s)
dc	double crochet
FPdc	front post double crochet
FPdc2tog	two front post double crochet together
mm	millimeters
M	marker
MC	main color
pm	place marker
patt	pattern
rep	repeat
sc	single crochet
sk	skip
st(s)	stitch(es)

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Notes

To prevent tightening of the fabric, work all FP stitches higher than usual, not around the posts, but right under their tops. You may also want to work the last st of each row higher (hdc and tr instead of sc and dc) to also help prevent tightening along the top of the shawl.

Directions

TEXTURED ST PATT

Row 1 (RS): With MC, 5 sc in magic ring. Turn. 5 sts

Row 2 (WS): Ch 3 (counts as dc here and throughout), 2 dc in first st, 1 dc in next st, 5 dc in next st, PM in center (third) st, 1 dc in next st, 3 dc in last st. Turn. 13 sts

Move M up to center st each row.

Row 3: Ch 1, 2 sc in first st, 1 sc in next st, FPdc around first sc two rows below, sk 1 dc, 1 sc in next st, FPdc around next (second) sc two rows below, sk 1 dc, 1 sc in next st, FPdc around same (second) sc two rows below, 1 sc in marked st, FPdc around next (third) sc two rows below, 1 sc in next st, FPdc around same (third) sc two rows below, sk 1 dc, 1 sc in next st, FPdc around next (fourth) sc two rows below, sk 1 dc, 1 sc in next st, 2 sc in last st. Turn. 17 sts

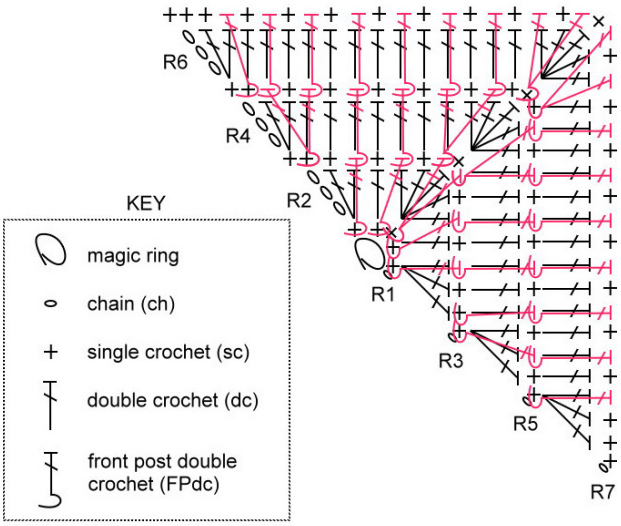
Row 4: Ch 3, 2 dc in first st, dc across to M, 5 dc in marked st, dc across to last st, 3 dc in last st. Turn. 25 sts

Row 5: Ch 1, 2 sc in first st, FPdc around first sc two rows below, sk 1 dc, 1 sc in next st, FPdc around next (second) sc two rows below, sk 1 dc, 1 sc in next st, [FPdc around next FPdc, sk 1 dc, 1 sc in next st] across to one st before M, FPdc around previously used FPdc, sk 1 dc, 3 sc in marked st, FPdc around next FPdc, sk 1 dc, 1 sc in next st, FPdc around previously used FPdc, sk 1 dc, 1 sc in next st, [FPdc around next FPdc, sk 1 dc, 1 sc in next st] across to last four sts, [FPdc around next sc two rows below, sk 1 dc, 1 sc in next st] twice, 1 sc in last (just used) st. Turn. 29 sts

Row 6: As Row 4. 37 sts

Row 7: Ch 1, 2 sc in first st, 1 sc in next st, FPdc around first sc two rows below, sk 1 dc, 1 sc in next st, [FPdc around next FPdc, sk 1 dc, 1 sc in next st] across to two sts before M, FPdc around next sc two rows below, sk 1 dc, 1 sc in next st, FPdc around previously used sc two rows below, 1 sc in marked st, FPdc around next sc two rows below, 1 sc in next st, FPdc around previously used sc two rows below, sk 1 dc, 1 sc in next st, [FPdc around next FPdc, sk 1 dc, 1 sc in next st] across to last three sts, FPdc around next sc two rows below (2nd to last sc), sk 1 dc, 1 sc in next st, 2 sc in last st. Turn. Cut yarn. 41 sts

TEXTURED STITCH PATTERN CHART
(Rows 1-7)



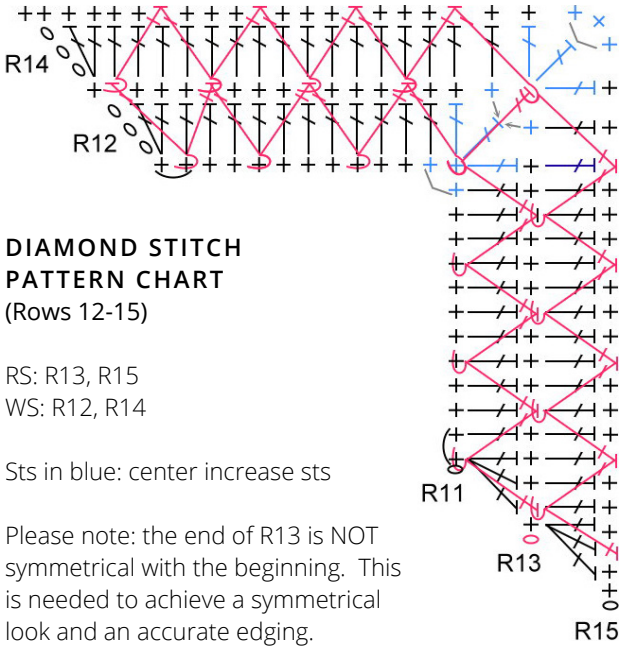
NOTES
RS: R1, R3, R5, R7
WS: R2, R4, R6

All next textured st patt sections:
1st and 3rd RS rows = as R7
2nd RS row = as R5

RIBBING ST PATT

Row 8: With CC and working in back loop only, ch 1, 2 sc in first st, sc across to M, 3 sc in marked st, sc across to last st, working in both loops, 2 sc in last st. Turn. 45 sts

Rows 9-11: As Row 8. 57 sts



DIAMOND STITCH PATTERN CHART
(Rows 12-15)

RS: R13, R15
WS: R12, R14

Sts in blue: center increase sts

Please note: the end of R13 is NOT symmetrical with the beginning. This is needed to achieve a symmetrical look and an accurate edging.



DIAMOND ST PATT

Row 12: Continue with CC, ch 3, 2 dc in first st, dc across to M, 3 dc in marked st, dc across to last st, 3 dc in last st. Turn. 63 sts

Row 13: Ch 1, 1 sc in first st, FPdc around first sc two rows below, 3 sc, [FPdc2tog around previously used sc and next fourth sc two rows below, sk 1 dc, 3 sc] across to M (last sc is worked in marked st), FPdc around previously used sc, 1 sc in same (marked) st, 2 sc, [FPdc2tog around previously used sc and next fourth sc two rows below, sk 1 dc, 3 sc] across to last five sts, FPdc2tog around previously used st and next third sc two rows below (2nd to last sc), sk 1 dc, 3 sc, FPdc around previously used sc, 1 sc in last st. Turn. 67 sts

Row 14: As Row 12. 73 sts

Row 15: Ch 1, 2 sc in first st, 4 sc, FPdc2tog around FPdc and next FPdc2tog, sk 1 dc, 3 sc, [FPdc2tog around previously used and next FPdc2tog, sk 1 dc, 3 sc] across to three sts before M, FPdc2tog around previously used FPdc2tog and next FPdc, sk 1 dc, 2 sc, 3 sc in marked st, 2 sc, FPdc2tog around previously used FPdc and next FPdc2tog, sk 1 dc, 3 sc, [FPdc2tog around previously used and next FPdc2tog, sk 1 dc, 3 sc] across to last six sts, FPdc2tog around previously used FPdc2tog and last FPdc, sk 1 dc, 4 sc, 2 sc in last st. Turn. 77 sts

RIBBING ST PATT

Rows 16-19: As Row 8. Cut yarn. 93 sts

TEXTURED ST PATT

Row 20: With MC, as Row 4. 101 sts

Row 21: Ch 1, 2 sc in first st, 1 sc in next st, FPdc around first sc two rows below, sk 1 dc, 1 sc in next st, [sk 1 sc two rows below, FPdc around next sc, sk 1 dc, 1 sc in next st] across to two sts before M, FPdc around next sc two rows below, sk 1 dc, 1 sc in next st, FPdc around previously used sc, 1 sc in marked st, FPdc around next sc two rows below, 1 sc in next st, FPdc around previously used sc, sk 1 dc, 1 sc in next st, [sk 1 sc two rows below, FPdc around next sc, sk 1 dc, 1 sc in next st] across to last three sts, FPdc around next sc two rows below (2nd to last sc), sk 1 dc, 1 sc in next st, 2 sc in last st. Turn. 105 sts

Row 22: As Row 4. 113 sts

Row 23: As Row 5. 117 sts

Row 24: As Row 4. 125 sts

Row 25: As Row 7. Cut yarn. 129 sts

Repeat Rows 8-25 twice, repeat Rows 8-19 once. Fasten off and weave in ends.