

## The Santosha Hat

©CreatingMindfully 2019

[www.creatingmindfully.com](http://www.creatingmindfully.com)

Designed by Kate Schendel of Creating Mindfully

Santosha is the Sanskrit word for contentment and knitting this hat has brought me so much contentment. A mildly challenging brim followed by nothing but quick and easy rows of knit in the round. It's quick to knit up, and the brim, made with checkmark cables, is a big beautiful YES.

\*this pattern has not yet been tested. Feedback, questions and comments are all welcome:  
info@creatingmindfully.com

**Difficulty:** easy to moderate

### Abbreviations:

CN – Cable Needle

k – knit

p – purl

pm – place marker

k2tog – knit two stitches together

C2B – 2-stitch back cable: slip one stitch onto CN and hold to back of work, k1, k1 from CN

C2F – 2-stitch front cable: slip one stitch onto CN and hold in front of work, k1, k1 from CN

### Sample Hat:

50 g Sugarbush Motley 60% superfine alpaca, 40% merino wool, 22 stitches = 4" (10 cm) on 4.00 mm (US 5 -7). The 100 g skein of motley has enough to make two hats, perfect for BFFs or a mommy and me project!

**Gauge:** 22 stitches = 10 cm (4") on 4.0 mm needles

### Supplies:

Set of 4.0 mm DPNs

Stitch markers

Pom pom (optional)

Tapestry needle to weave in ends

### Instructions:

Cast on 110 stitches and divide evenly amongst DPNs.

Join to knit in the round, place marker at the beginning of round.

Begin Pattern:



Row 1: \*p1, k4\* repeat to end of round

Row 2: \*p1, C2B, C2F\* repeat to end of round

Repeat rows 1 and 2 until brim is 6 cm (2.5"), or to desired height.

Switch to stockinette stitch and knit in the round until the hat measures approximately 14.5 to 15 cm (~6") from cast on edge, or to desired height. This will give you a slightly slouchy hat.

Begin decreasing for the crown:

\*k20, k2tog, pm\* repeat to end

Repeat decrease round every row until only 10 stitches remain. Break yarn and weave through remaining live stitches to cast off.

Weave in ends.

Block the hat (if desired)

Sew on pom pom

Take some pictures and tag @creatingmindfully on social media