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**CONTACT:**  
Sandy Sponaugle  
304-876-8321

## **Y2Knit Launches Continental Knitting Book**

**Funkstown, Maryland** [April 5, 2006]– Part of the new age of knitting, sisters Jill (San Francisco) and Susan (Funkstown, MD) Wolcott of Y2Knit introduce the first how-to-knit book devoted to the Continental method of knitting. [YNotKnit: Step-by-Step Instructions for Continental Knitting and Knitting Basics](#) teaches new and experienced knitters the Continental knitting technique through step-by-step instructions and detailed illustrations. “The Continental technique is perfect for knitting on an airplane or while waiting anywhere,” states Jill Wolcott of Y2Knit, since it requires less space and avoids the possibility of a dropped needle.

For those who are unfamiliar, Continental knitting (or knitting with the yarn in your left hand) is more ergonomic and better for your hands and arms. The method often taught is the English or American method of knitting which requires throwing the yarn around the needle with the right hand. "While oddly fascinating to watch, this is a difficult maneuver in less-than-perfect conditions and is intimidating to people sitting next to you!" jokes Jill.

“We would describe this book as the must-have guide for those interested in learning the Continental knitting method,” stated Susan Wolcott of Y2Knit. “Our book would be the perfect gift for a new or experienced knitter. We’ve included both exercises and patterns so knitters can practice their new skills.”

Y2Knit offers a line of over 100 knitting patterns, and Knitting Getaways that incorporate yoga, knitting classes, relaxation time and massage. Jill and Susan recently conducted a one-hour workshop on Continental Knitting at the 2005 Knit-Out in Washington, D.C. and teach all their customers the Continental knitting method.

To purchase a copy of YNotKnit, visit the online store at [www.Y2Knit.net](http://www.Y2Knit.net), which also offers yarn, knitwear patterns, and supplies. The Y2Knit storefront is located at 100 East Baltimore Street in Funkstown, Maryland. Opened in July of 2003, the shop offers a variety of yarns from the local mid-Atlantic region. They also host Knitting Night twice a month to provide knitters with the opportunity to meet others who share their passion. Store hours are Tuesday through Friday from 11:30 am to 6:00 pm and Saturday from 10:00 am to 5:00 pm. Contact Y2Knit at 301-766-4543 or [info@Y2Knit.net](mailto:info@Y2Knit.net) for more information.

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