

Mind body and soul

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.2 × 4.4 in (10.7 × 11.2 cm).



Which color goes where.

Floss

- **DMC 986 Very Dark Forest Green**
Branches and darker half of each leaf
- **DMC 320 Medium Pistachio Green**
Lighter half of each leaf
- **DMC 152 Medium Light Shell Pink**
Blossom petals
- **DMC 3852 Very Dark Straw**
Blossom centers and ring of knots in each blossom
- **DMC 208 Very Dark Lavender**
Lettering

Stitches

- **Stem stitch**, 2 or 3 strands
Branches, lettering
- **Satin stitch**, 2 strands
Leaves (each half slanted to the center vein, in its own color), blossom petals
- **French knot**, 2 strands, two wraps
Blossom centers, ring of knots in each blossom

Three ways to transfer the pattern

1. Fabric you can see through

Tape page 2 to a sunny window or lay it on a light box, tape the fabric over it and trace the lines with a sharp pencil or a water-soluble pen.

2. Fabric you cannot see through

Lay dressmaker's carbon paper colored side down on the fabric with page 2 on top, tape the layers and trace the lines firmly with a ballpoint pen.

3. Iron-on

Go over the lines of page 3, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron.

Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

Mind body and soul

6 inch hoop

Print at 100% (actual size). Do not scale or fit to page. Check the square below with a ruler before you trace.



6 inch hoop

1 in

25.4 mm

Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

Mind body and soul

6 inch hoop

Mirrored. Trace this page with an iron-on transfer pen or pencil, then press it ink side down on the fabric.

**1 in**

25.4 mm

Check square: 1 inch (25.4 mm) on each side.

If it measures anything else, print again at 100% with scaling off.