

Mindful

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.7 × 4 in (11.9 × 10.2 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 3350 Ultra Dark Dusty Rose**
Blossom centers
- DMC 3852 Very Dark Straw**
Ring of knots in each blossom
- DMC 208 Very Dark Lavender**
Lettering

Stitches

- **Stem stitch**, 2 or 3 strands
Branches
- **Satin stitch**, 2 strands
Leaves (each half slanted to the center vein, in its own color), blossom petals, lettering
- **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.

Mindful

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.

**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.

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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.