Namaste with a pink lotus

6 inch (15 cm) hoop, 4.5 × 4.4 in (11.4 × 11.2 cm)



Colors by number: page 2.
Fabric: sage green cotton or linen.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of sage green cotton or linen.

Embroidery needles, size 9, and size 5 for 4 strands.

22 colors of floss (page 2): one skein of each color (an estimate from the drawing's lines and shapes).

A water-soluble pen, and small scissors.

Onto the fabric

Fabric you can see through: page 3 taped to a sunny window, the fabric over it; trace.

Other fabric: dressmaker's carbon paper, colored side down, page 3 on top; trace with a ballpoint.

Iron-on pen: go over page 4, the mirrored page, and press it ink side down as the pen's packet says. The lines stay.

Then hoop it, inner ring under, tight as a drum.

How to read it

Floss has six strands: cut 18 inches (45 cm), pull out the number named one at a time, and lay them together.

Start a filling with tiny stitches, a line with a small knot; end under stitches on the back.

Every stitch in pictures: flossfield.com/embroidery/stitches.

New to this: flossfield.com/embroidery/guides/how-to-start.

Stitch in this order

Where a stitch page says otherwise, follow this list.

1. **Stem stitch**, 4 strands
   Tall stems

2. **Fishbone stitch**, 2 strands
   Bud, bud caps



3. **Long and short stitch**, 1 strand
   Seed pod, lily pads, back petals, middle petals, side petals, low petals, front petals, fallen petal



4. **Satin stitch**, 2 strands
   Seed pod top, green heart, dragonfly wings, dragonfly, word, ripple



5. **Back stitch**, 1 strand
   Pad veins

6. **Stem stitch**
   2 strands: edges of the seed pod top, ripples
   1 strand: pad edges, wing edges

7. **Split stitch**
   1 strand: petal edges
   2 strands: lit rims

8. **Straight stitch**, 1 strand
   Stamens



9. **French knot**
   2 strands, two wraps
   Seeds, stamen tips, heart seeds, dragonfly eyes



Take out lines that still show, press face down, finish the hoop.

In a 6 inch hoop the French knots are drawn smaller than about 2 mm (a little over 1/16 in). Use one strand of floss for them there, or choose a larger hoop.

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6 inch hoop

A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



1	DMC 3362 Dark Pine Green	**9**	DMC 523 Light Fern Green	**17**	DMC 3822 Light Straw
2	DMC 3363 Medium Pine Green	**10**	DMC 520 Dark Fern Green	**18**	DMC 352 Light Coral
3	DMC 3722 Medium Shell Pink	**11**	DMC 522 Fern Green	**19**	DMC 351 Coral
4	DMC 224 Very Light Shell Pink	**12**	DMC 524 Very Light Fern Green	**20**	DMC 3834 Dark Grape
5	DMC 223 Light Shell Pink	**13**	DMC 934 Black Avocado Green	**21**	DMC 931 Medium Antique Blue
6	DMC 225 Ultra Very Light Shell Pink	**14**	DMC 3721 Dark Shell Pink	**22**	DMC 3752 Very Light Antique Blue
7	DMC 3364 Pine Green	**15**	DMC 3824 Light Apricot		
8	DMC 783 Medium Topaz	**16**	DMC 3341 Apricot		

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6 inch hoop

Print at 100% and measure the square. Trace the black lines only. The gray ring is the hoop: fold the fabric in four and lay the folds on its ticks.

On the drawing a ring is one French knot: mark a dot; a broken line inside a shape is where two shades meet: trace it, do not stitch it.



1 in
25.4 mm

Not 1 inch (25.4 mm)? Print again at 100%.

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Namaste with a pink lotus

6 inch hoop

For an iron-on pen only. Go over the lines, press ink side down.



1 in
25.4 mm

Not 1 inch (25.4 mm)? Print again at 100%.

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