Namaste sunrise in seven bands

6 inch (15 cm) hoop, 4.7 × 4.5 in (11.9 × 11.4 cm)



Colors by number: page 2.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of white or light cotton or linen.

An embroidery needle, size 9.

15 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 each part with tiny stitches that it covers, never a 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. **Long and short stitch**
   1 strand, colors 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
   Sun petals, sun (color 14)



Stitch in this order, continued

2. **Satin stitch**
   2 strands, colors 1, 3, 5, 7, 8, 11, 13, 15
   Gold rays, sun (color 15), horizon, horizon line, reflection, lettering



Take out lines that still show, press face down, finish the hoop or sew a pillow.

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



1	DMC 783 Medium Topaz	6	DMC 3810 Dark Turquoise	11	DMC 742 Light Tangerine
2	DMC 3834 Dark Grape	7	DMC 3809 Very Dark Turquoise	12	DMC 721 Medium Orange Spice
3	DMC 154 Very Dark Grape	8	DMC 471 Very Light Avocado Green	13	DMC 720 Dark Orange Spice
4	DMC 312 Very Dark Baby Blue	9	DMC 3347 Medium Yellow Green	14	DMC 817 Very Dark Coral Red
5	DMC 336 Navy Blue	10	DMC 743 Medium Yellow	15	DMC 349 Dark Coral

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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 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 sunrise in seven bands

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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