Sun and moon yin yang landscape

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

16 colors of floss (page 2): 2 skeins of DMC 745; one of each other 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. **Long and short stitch**
   1 strand, colors 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
   Dawn sky, dawn clouds, far hills, olive hills, night sky, far night hills, pines, near night hills, sun glow, sun



2. **Satin stitch**
   2 strands, colors 11, 12
   Moon, moon light



Stitch in this order, continued

3. **Stem stitch**, colors 8, 10, 16
   2 strands: olive trunks, ridge line
   3 strands: rim

4. **French knot**
   2 strands, two wraps, colors 1, 8
   Stars, olive trees



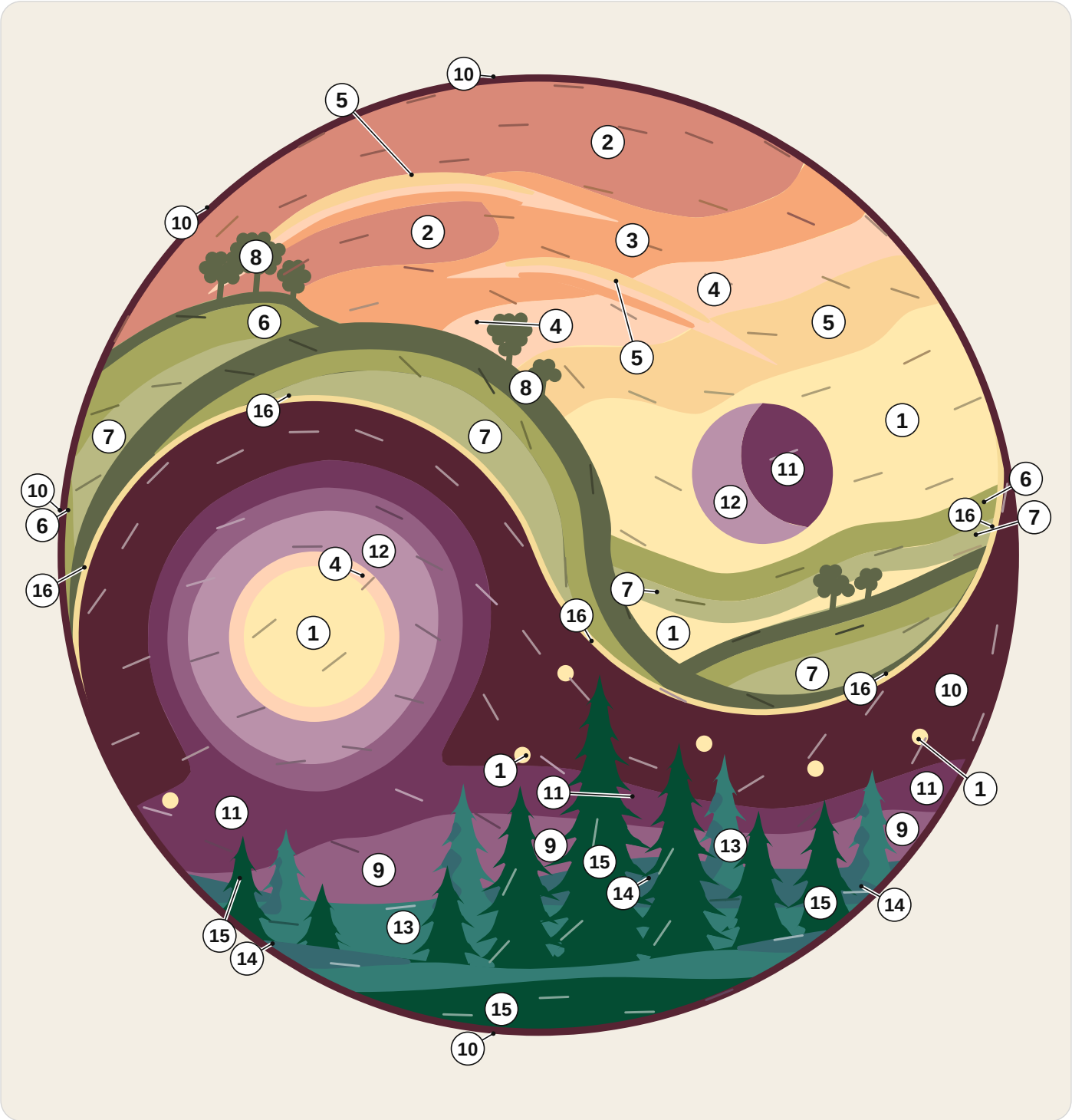
Take out lines that still show, press face down, finish the hoop or sew a pillow.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Sun and moon yin yang landscape

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 745 Light Pale Yellow	**7**	DMC 3013 Light Khaki Green	**13**	DMC 3847 Dark Teal Green
2	DMC 3778 Light Terra Cotta	**8**	DMC 3051 Dark Green Gray	**14**	DMC 3808 Ultra Very Dark Turquoise
3	DMC 402 Very Light Mahogany	**9**	DMC 3835 Medium Grape	**15**	DMC 500 Very Dark Blue Green
4	DMC 3856 Ultra Very Light Mahogany	**10**	DMC 154 Very Dark Grape	**16**	DMC 3822 Light Straw
5	DMC 3855 Light Autumn Gold	**11**	DMC 3834 Dark Grape		
6	DMC 3012 Medium Khaki Green	**12**	DMC 3836 Light Grape		

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Sun and moon yin yang landscape

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%.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.

Sun and moon yin yang landscape

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%.

For your own stitching, gifts and handmade pieces you sell. Do not resell or share this PDF or copies of it.