# Yoga tree pose silhouette at sunrise

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.8 × 4.8 in (12.2 × 12.2 cm).



Which color goes where: by number on page 2.

## Stitch in this order

Filled parts from the back of the picture forward, then lines and knots.

1. **Long and short stitch**, 1 strand
   Sky, halo, sun, far ridge, near ridge, lake, sun path, headland, rock, woman, poppies
2. **Satin stitch**, 2 strands
   Grasses, rim
3. **Fishbone stitch**, 2 strands
   Leaves
4. **Split stitch**, strands by part on page 2
   Sun, near ridge, woman
5. **Straight stitch**, 2 strands
   Grass tufts
6. **Stem stitch**, 2 strands
   Flower stems, birds
7. **French knot**, 2 strands, two wraps
   Lavender, flower hearts

## Floss

- **1 DMC 3855 Light Autumn Gold** Sky (lightest), halo (dark)
- **2 DMC 3825 Pale Pumpkin** Sky (light), poppies (lighter)
- **3 DMC 3341 Apricot**
  Sky (middle dark), poppies (darker), sun path (dark), near ridge (light)
- **4 DMC 760 Salmon** Sky (middle light), lake (lightest)
- **5 DMC 3836 Light Grape**
  Sky (dark), lake (middle), far ridge (darker), lavender (lighter)
- **6 DMC 3835 Medium Grape**
  Sky (darkest), near ridge (middle), lavender (darker)
- **7 DMC 745 Light Pale Yellow** Halo (middle), sun (light)
- **8 DMC 3823 Ultra Pale Yellow**
  Halo and sun path (light), sun (lightest)
- **9 DMC 3854 Medium Autumn Gold** Sun (darkest)
- **10 DMC 744 Pale Yellow** Sun (dark), sun path (middle)
- **11 DMC 778 Very Light Antique Mauve**
  Far ridge (lighter), rock (light)
- **12 DMC 3834 Dark Grape** Rim, near ridge (dark)
- **13 DMC 161 Gray Blue** Lake (dark)
- **14 DMC 160 Medium Gray Blue** Lake (light)
- **15 DMC 930 Dark Antique Blue** Lake (darkest), woman (light)
- **16 DMC 3363 Medium Pine Green**
  Headland and grasses (light), grass tufts (darker), flower stems (lighter)
- **17 DMC 936 Very Dark Avocado Green**
  Grasses and headland (darkest)
- **18 DMC 3362 Dark Pine Green**
  Headland and grasses (dark), flower stems and leaves (darker)
- **19 DMC 3364 Pine Green**
  Headland and grasses (lightest), grass tufts and leaves (lighter)
- **20 DMC 3740 Dark Antique Violet** Rock (dark)
- **21 DMC 3041 Medium Antique Violet** Rock (middle)
- **22 DMC 823 Dark Navy Blue** Woman (middle)
- **23 DMC 939 Very Dark Navy Blue**
  Woman (dark), birds and flower hearts

## Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 3 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 3 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on: the lines stay**
   Go over the lines of page 4, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron, as the pen's packet says.

Pages 3 and 4 are the pattern at actual size. Print them at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.



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# Yoga tree pose silhouette at sunrise

**6 inch hoop**

## How to read it

Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

Inside a filled shape start with two or three tiny stitches, which the filling covers. Start a line with a small knot on the back. End each thread by running the needle under the backs of a few stitches.

Each small ring is one French knot. A fine broken line inside a shape is where two shades meet: trace it, do not stitch it.

A number on the picture is a color of the list of floss on page 1. The fine lines on the colors show which way the stitches lie.

Every stitch in pictures: flossfield.com/embroidery/stitches. The first time: flossfield.com/embroidery/guides/how-to-start.



| | | | | | |
|---|---|---|---|---|---|
| 1 | DMC 3855 Light Autumn Gold | 9 | DMC 3854 Medium Autumn Gold | 17 | DMC 936 Very Dark Avocado Green |
| 2 | DMC 3825 Pale Pumpkin | 10 | DMC 744 Pale Yellow | 18 | DMC 3362 Dark Pine Green |
| 3 | DMC 3341 Apricot | 11 | DMC 778 Very Light Antique Mauve | 19 | DMC 3364 Pine Green |
| 4 | DMC 760 Salmon | 12 | DMC 3834 Dark Grape | 20 | DMC 3740 Dark Antique Violet |
| 5 | DMC 3836 Light Grape | 13 | DMC 161 Gray Blue | 21 | DMC 3041 Medium Antique Violet |
| 6 | DMC 3835 Medium Grape | 14 | DMC 160 Medium Gray Blue | 22 | DMC 823 Dark Navy Blue |
| 7 | DMC 745 Light Pale Yellow | 15 | DMC 930 Dark Antique Blue | 23 | DMC 939 Very Dark Navy Blue |
| 8 | DMC 3823 Ultra Pale Yellow | 16 | DMC 3363 Medium Pine Green | | |

## How many strands

Split stitch. 2 strands: sun, near ridge; 1 strand: woman.

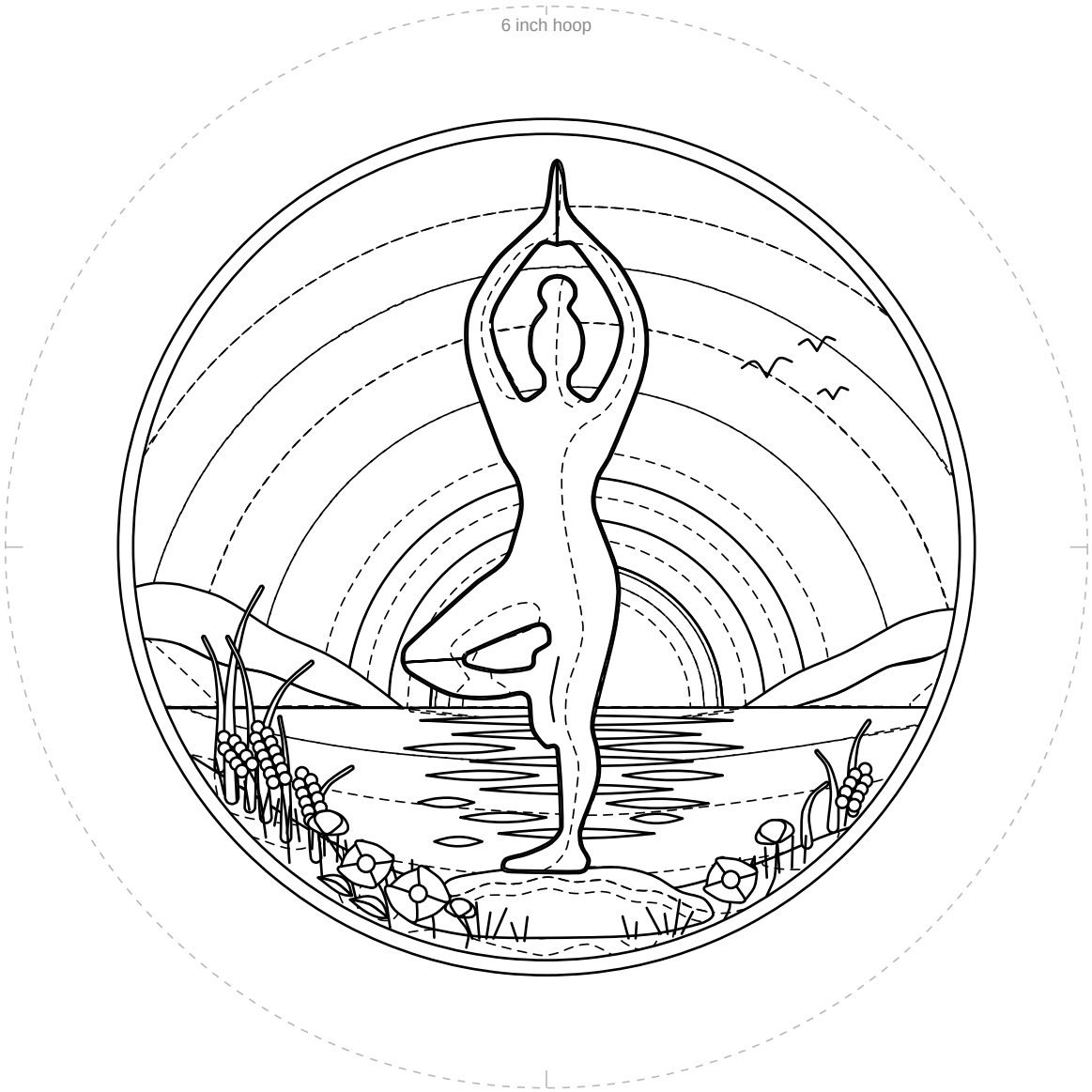


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# Yoga tree pose silhouette at sunrise

**6 inch hoop**

Print at 100% and check the square below with a ruler. Fold the fabric in four: the folds meet the four ticks of the ring.




**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.

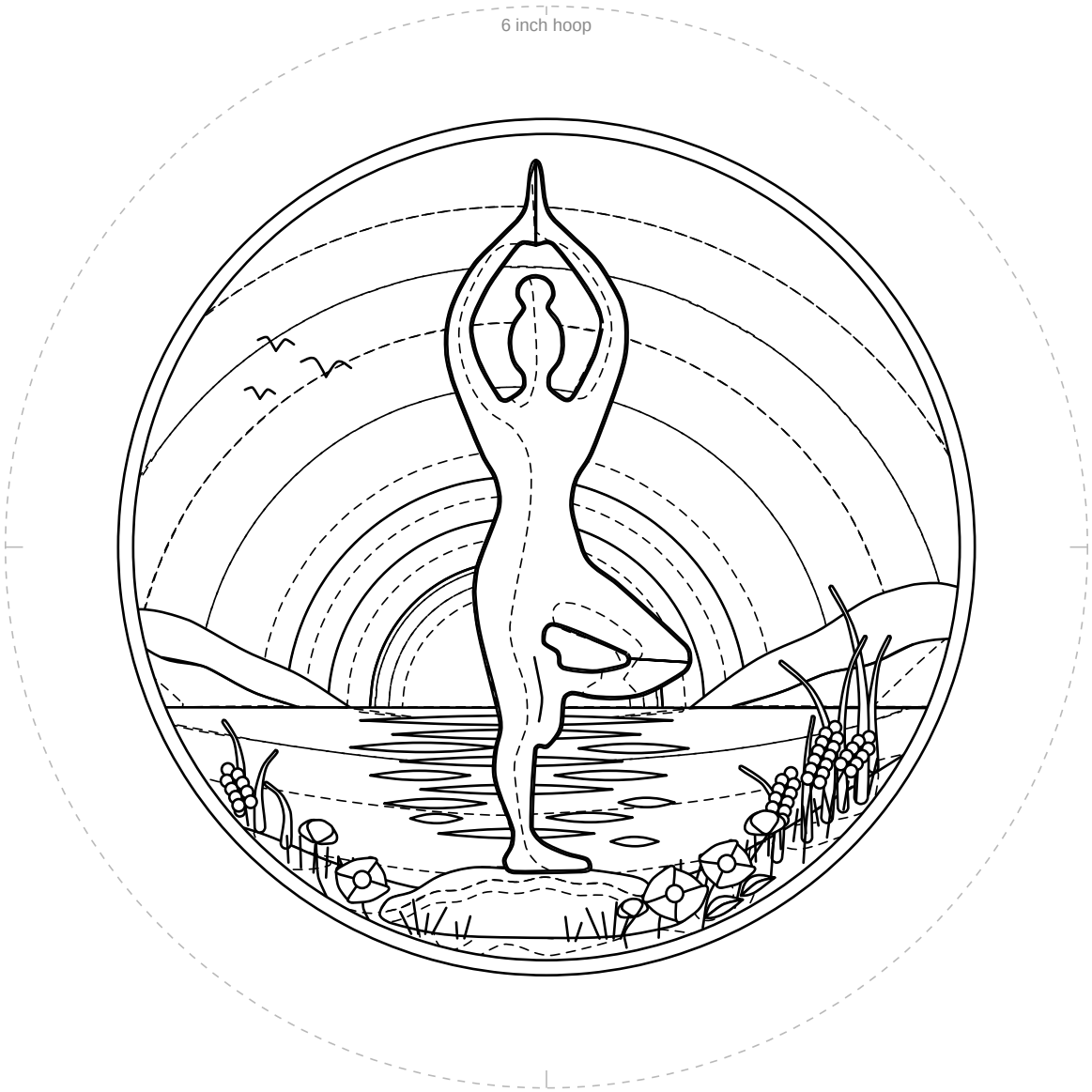


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# Yoga tree pose silhouette at sunrise

**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.



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