



Mindfulness/Yoga Embroidery Design

by Sew4Home

For each patch, you will need a 6 x 9" (16 x 25 mm) piece of felt and heavy weight water soluble stabilizer. The felt will be trimmed to size during the embroidery process. Start each design with a full bobbin. For best results, do not color sort!

Mindfulness/Yoga 30421 stitches

Size: 107.3 x 106.7 mm (4 1/4 x 4 1/4")

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|---------------------------|------------------------------------|
| 1. Janome Pale Yellow 210 | Background |
| 2. Janome Gold 003 | Hair, laurel leaves, sun and stars |
| 3. Janome Olive Green 219 | Person |
| 4. Janome Gold 003 | Outline, accents and lettering |
| 5. Janome Gold 003 | Trim felt close to outline |
| 6. Janome Gold 003 | Border |

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