



## 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")

- |                           |                                    |
|---------------------------|------------------------------------|
| 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                             |

All Sew4Home patterns, instructions and embroidery designs are copyrighted and are for personal use only. All material (projects, artwork, text, patterns, photos, etc.) is protected under the copyright laws. Manufacturing of products made from S4H's original designs for mass production or commercial use is strictly prohibited.