

YOGA

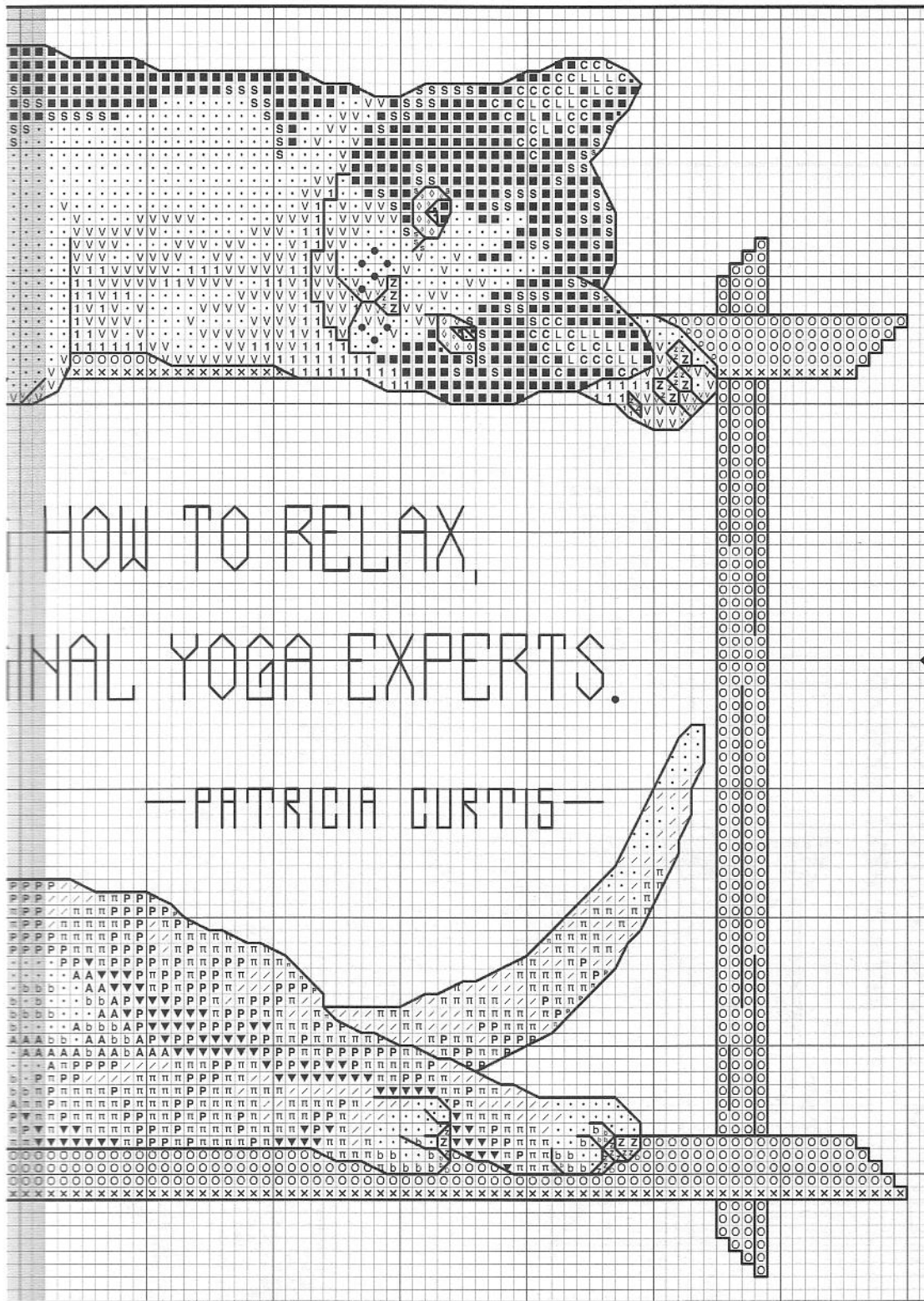
Color Key (continued on next page)

Full Crosses (2 strands)

Symbol	Color	DMC	Anchor
.	White	000	2
■	Black	310	403
C	Shell Gray, dk.	451	233
L	Shell Gray, med.	452	232
O	Beige Gray, vy. dk.	640	903
A	Beige Gray, med.	644	830
1	Beaver Gray, lt.	648	900

Full Crosses (2 strands)

Symbol	Color	DMC	Anchor
Z	Terra Cotta, vy. lt.	758	868
b	Beige Gray, lt.	822	390
◇	Golden Olive, lt.	833	907
S	Beaver Gray, ultra dk.	844	1041
Δ	Desert Sand, lt.	950	4146
/	Tawny, lt.	951	1010



Gray area indicates a three stitch overlap.

Yoga Project Information:

158w x 97h = 11 3/8" x 6 7/8". The design was stitched on 14 ct. Misty Blue Aida from Zweigart® and shown in a custom frame. Use 2 strands of floss for the full crosses and 1 strand for the backstitch, unless otherwise noted in the color key.

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Color Key (continued)

Full Crosses (2 strands)

Symbol	Color	DMC	Anchor
▼	Golden Brown, dk.	975	355
P	Golden Brown, med.	976	1001
U	Desert Sand	3064	883
V	Beaver Gray, vy. lt.	3072	847
X	Beige Gray, ultra dk.	3790	393
π	Straw, lt.	3822	295

Backstitch

Symbol	Color	DMC	Anchor
—	Black - Lettering (2 str)	310	403
—	Black - All else (1 str)	310	403

French Knots

Symbol	Color	DMC	Anchor
●	Black - Lettering (2 str)	310	403
●	Black - All others (1 str)	310	403