


























































Pattern Name: Breathe In Breathe Out-Nielsen
Designed By: Michele Sayetta
Company: Heaven and Earth Designs LLC
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Fabric: Linen 25, White
 300w X 410h Stitches
Size: 25 Count, 12w X 16-3/8h in

Floss Used for Full Stitches:

Symbol	Strands	Type	Number	Color
☐	2	DMC	032	Kreinik #4
■	2	DMC	150	Dusty Rose-UL VYDK
◻	2	DMC	151	Dusty Rose-VYLT
◼	2	DMC	152	Shell Pink-MDLT
■	2	DMC	221	Shell Pink-VYDK
◻	2	DMC	223	Shell Pink-LT
◼	2	DMC	224	Shell Pink-VYLT
■	2	DMC	310	Black
■	2	DMC	315	Antique Mauve-VYDK
◻	2	DMC	316	Antique Mauve-MD
■	2	DMC	326	Rose-VYDK
■	2	DMC	347	Salmon-VYDK
■	2	DMC	349	Coral-DK
■	2	DMC	351	Coral
■	2	DMC	451	Shell Gray-DK
■	2	DMC	452	Shell Gray-MD
■	2	DMC	453	Shell Gray-LT
■	2	DMC	498	Christmas Red-DK
■	2	DMC	535	Ash Gray-VYLT
■	2	DMC	543	Beige Brown-UL VYLT
■	2	DMC	610	Drab Brown-DK
■	2	DMC	613	Drab Brown-VYLT
■	2	DMC	640	Beige Gray-VYDK
■	2	DMC	642	Beige Gray-DK
■	2	DMC	645	Beaver Gray-VYDK
■	2	DMC	647	Beaver Gray-MD
■	2	DMC	648	Beaver Gray-LT
■	2	DMC	760	Salmon
■	2	DMC	777	Raspberry-VYDK
■	2	DMC	778	Antique Mauve-VYLT
■	2	DMC	779	Cocoa-DK
■	2	DMC	814	Garnet-DK

Symbol	Strands	Type	Number	Color
	*	2	DMC 815	Garnet-MD
	‡	2	DMC 816	Garnet
	3	2	DMC 818	Baby Pink
	2	2	DMC 819	Baby Pink-LT
	e	2	DMC 839	Beige Brown-DK
	⊞	2	DMC 840	Beige Brown-MD
	c	2	DMC 841	Beige Brown-LT
	◆	2	DMC 842	Beige Brown-VYLT
	♡	2	DMC 844	Beaver Brown-ULDK
	@	2	DMC 902	Garnet-VYDK
	//	2	DMC 948	Peach-VYLT
	⊗	2	DMC 950	Desert Sand-LT
	∨	2	DMC 951	Tawny-LT
	♠	2	DMC 961	Dusty Rose-DK
	⊗	2	DMC 962	Dusty Rose-MD
	↑	2	DMC 963	Dusty Rose-ULVYLT
	■	2	DMC 967	Apricot-VYLT
	●	2	DMC 3013	Khaki Green-LT
	▲	2	DMC 3022	Brown Gray-MD
	o	2	DMC 3024	Brown Gray-VYLT
	□	2	DMC 3031	Mocha Brown-VYDK
	n	2	DMC 3032	Mocha Brown-MD
	L	2	DMC 3041	Antique Violet-MD
	⊗	2	DMC 3042	Antique Violet-LT
	⊞	2	DMC 3047	Yellow Beige-LT
	×	2	DMC 3072	Beaver Gray-VYLT
	4	2	DMC 3326	Rose-LT
	9	2	DMC 3350	Dusty Rose-ULDK
	7	2	DMC 3354	Dusty Rose-LT
	☆	2	DMC 3371	Black Brown
	III	2	DMC 3685	Mauve-DK
	· ·	2	DMC 3688	Mauve-MD
	■	2	DMC 3705	Melon-DK
	#	2	DMC 3712	Salmon-MD
	⊞	2	DMC 3713	Salmon-VYLT
	♩	2	DMC 3721	Shell Pink-DK
	♩	2	DMC 3722	Shell Pink-MD
	⊕	2	DMC 3726	Antique Mauve-DK
	≪	2	DMC 3727	Antique Mauve-LT
	8	2	DMC 3731	Dusty Rose-VYDK
	III	2	DMC 3740	Antique Violet-DK
	T	2	DMC 3770	Tawny-VYLT

Symbol	Strands	Type	Number	Color
	♥	2	DMC 3774	Desert Sand-VYLT
	▲	2	DMC 3781	Mocha Brown-DK
	m	2	DMC 3782	Mocha Brown-LT
	◩	2	DMC 3787	Brown Gray-DK
	▼	2	DMC 3790	Beige Gray-ULDK
	×	2	DMC 3799	Pewter Gray-VYDK
	✦	2	DMC 3802	Antique Mauve-VYDK
	<	2	DMC 3803	Mauve-MD
	o	2	DMC 3831	Raspberry-DK
	/	2	DMC 3832	Raspberry-MD
	←	2	DMC 3860	Cocoa
	↓	2	DMC 3861	Cocoa-LT
	a	2	DMC 3864	Mocha Beige-LT
	†	2	DMC 3865	Winter White
	ℓ	2	DMC 3866	Mocha Brown-ULVYLT

Usage Summary

Strands Per Skein: 6

Skein Length: 313.0 in

Type	Number	Full	Half	Quarter	Petite	Back(in)	Str(in)	Spec(in)	French	Bead	Skein Est.
□ DMC 032	6892	0	0	0	0.0	0.0	0.0	0	0	2.000	
■ DMC 150	165	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 151	137	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 152	1088	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 221	41	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 223	322	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 224	599	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 310	447	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 315	195	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 316	175	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 326	478	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 347	297	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 349	103	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 351	22	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 451	1086	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 452	2467	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 453	1981	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 498	620	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 535	167	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 543	1144	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 610	181	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 613	85	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 640	267	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 642	87	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 645	92	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 647	448	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 648	620	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 760	84	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 777	242	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 778	1821	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 779	460	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 814	1143	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 815	703	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 816	182	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 818	1309	0	0	0	0.0	0.0	0.0	0	0	1.000	
■ DMC 819	9941	0	0	0	0.0	0.0	0.0	0	0	3.000	

Type	Number	Full	Half	Quarter	Petite	Back(in)	Str(in)	Spec(in)	French	Bead	Skein Est.
DMC	839	59	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	840	159	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	841	61	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	842	309	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	844	207	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	902	1735	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	948	1339	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	950	978	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	951	6	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	961	145	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	962	89	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	963	70	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	967	284	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3013	74	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3022	19	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3024	1001	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3031	446	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3032	197	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3041	800	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3042	337	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3047	5	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3072	1836	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3326	118	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3350	220	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3354	119	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3371	1905	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3685	146	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3688	125	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3705	69	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3712	134	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3713	2366	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3721	179	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3722	181	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3726	231	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3727	605	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3731	136	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3740	810	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3770	1455	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3774	558	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3781	132	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3782	166	0	0	0	0.0	0.0	0.0	0	0	1.000
DMC	3787	162	0	0	0	0.0	0.0	0.0	0	0	1.000

Type	Number	Full	Half	Quarter	Petite	Back(in)	Str(in)	Spec(in)	French	Bead	Skein Est.
■ DMC	3790	298	0	0	0	0.0	0.0	0.0	0	0	1.000
■ DMC	3799	355	0	0	0	0.0	0.0	0.0	0	0	1.000
■ DMC	3802	188	0	0	0	0.0	0.0	0.0	0	0	1.000
■ DMC	3803	69	0	0	0	0.0	0.0	0.0	0	0	1.000
■ DMC	3831	426	0	0	0	0.0	0.0	0.0	0	0	1.000
■ DMC	3832	287	0	0	0	0.0	0.0	0.0	0	0	1.000
■ DMC	3860	771	0	0	0	0.0	0.0	0.0	0	0	1.000
■ DMC	3861	2046	0	0	0	0.0	0.0	0.0	0	0	1.000
■ DMC	3864	218	0	0	0	0.0	0.0	0.0	0	0	1.000
□ DMC	3865	10003	0	0	0	0.0	0.0	0.0	0	0	3.000
■ DMC	3866	1253	0	0	0	0.0	0.0	0.0	0	0	1.000