

Heaven and Earth Designs

Breathe In Breathe Out

Chart No: HAEZIN 14338

Chart Design by Michele Sayetta

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Finished Design Size 300 W by 410 H (12 WX 16-3/8 H inches on 25ct)
(This Chart Contains 89 colors)

Heaven and Earth Designs LLC

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Willmar MN 56201

320-214-7998

<http://www.heavenandearthdesigns.com>

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<http://zindy-zone.dk/>

Instructions

Congratulations on buying a **Heaven and Earth Designs LLC** Cross Stitch Chart . We hope it will bring you many hours of pleasurable stitching and believe the final result will be something to love and admire forever.

Included with your chart is a clear plastic bag to protect your chart, and a coded thread list for the threads you will need to complete your project. Our charts are designed to use DMC stranded cotton threads and, where appropriate, Kreinik metallic thread.

Chart Instructions:

1. This chart is made up of several numbered pages beginning at the top left corner of the first page. The pages of chart are laid out from left to right in rows e.g. 1 2 3 4, 5 6 7 8. Although each chart is marked with arrows which indicate the centre , we believe you will find it easier to begin from the top left corner of page 1 and follow the chart page by page to the bottom right corner of the last page.
2. We recommend you stitch your design on either 18 count Aida or 25 count Linen. using 2 strands of cotton over one in each case.
3. At the top of the thread list you will find our recommendation for the fabric colour. We recommend purchasing a piece of fabric that equates to the design size plus 3 inches [75mm] all around, to allow for framing and matting.
4. Because of the large number of stitches, we have found it to be easier if you stitch one 10X10 grid at a time and then continue on to the next 10 x 10 grid.
5. Stitch each page until it is completed and then move on to the next. On each page there is a number at the top left that indicates the page number. On each corner is a number in parenthesis that indicates the connecting page, unless there is not one.
6. Under International Copyright Laws, you may copy the chart for your own use. We recommend that you use a copy as your working document. You may also wish to enlarge the pages to make the symbols easier to read.

If you have any questions regarding this chart please feel free to contact us.

































Heaven and Earth Designs LLC











































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

<http://www.heavenandearthdesigns.com>

Pattern Name: Breathe In Breathe Out-Nielsen
Designed By: Michele Sayetta
Company: Heaven and Earth Designs LLC
Copyright: 2011 ®
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
	0	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

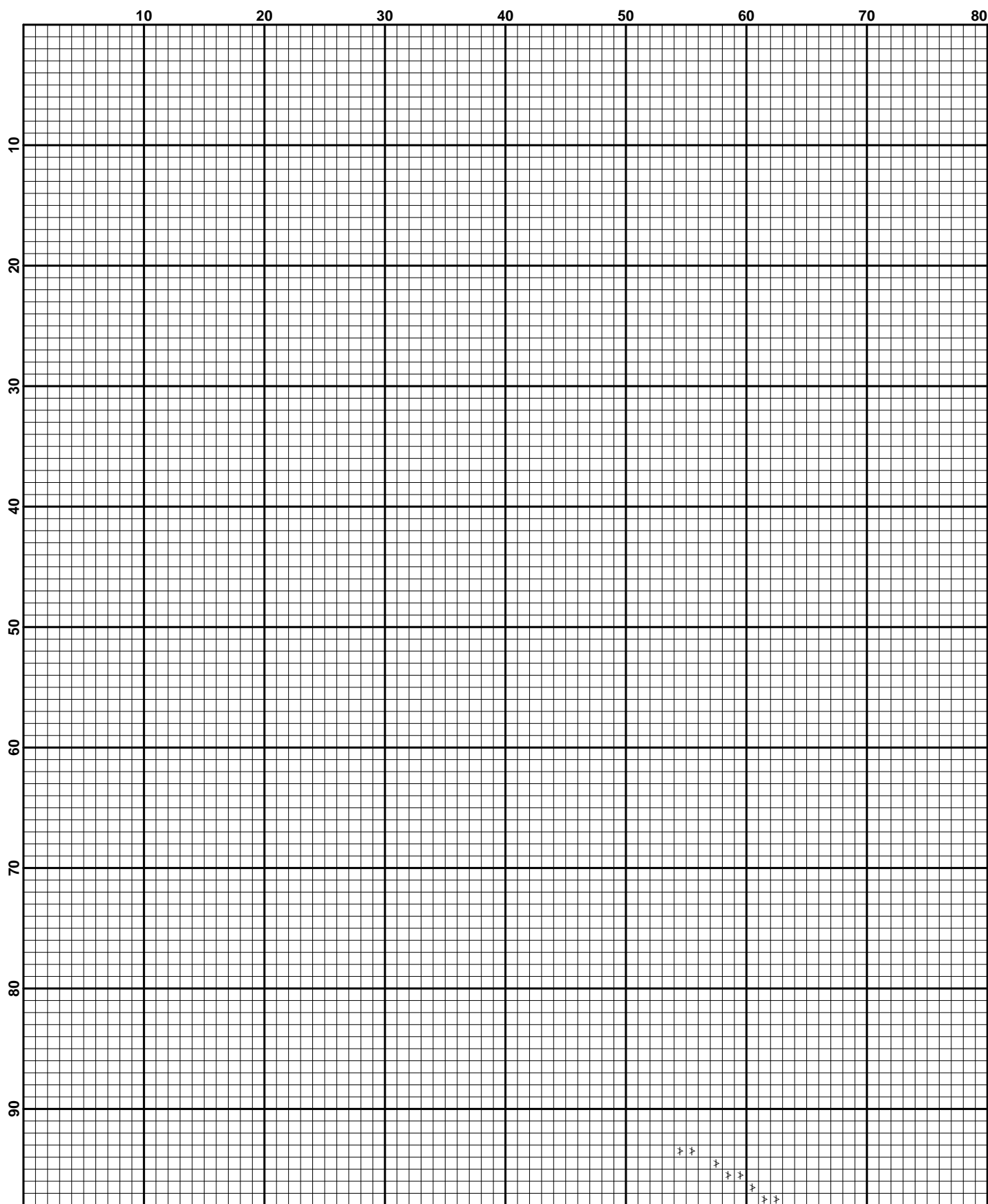
Strands Per Skein: 6

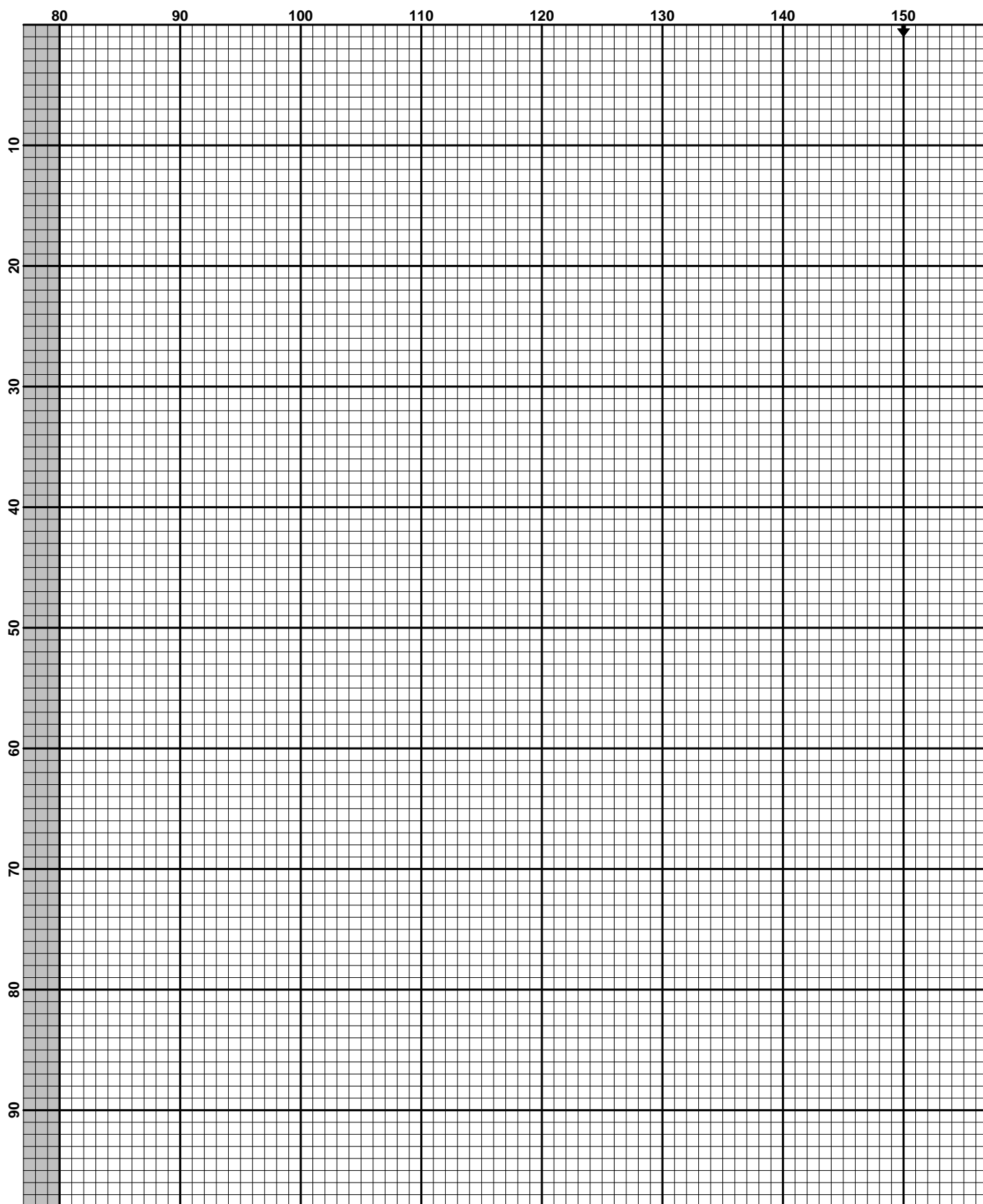
Skein Length: 313.0 in

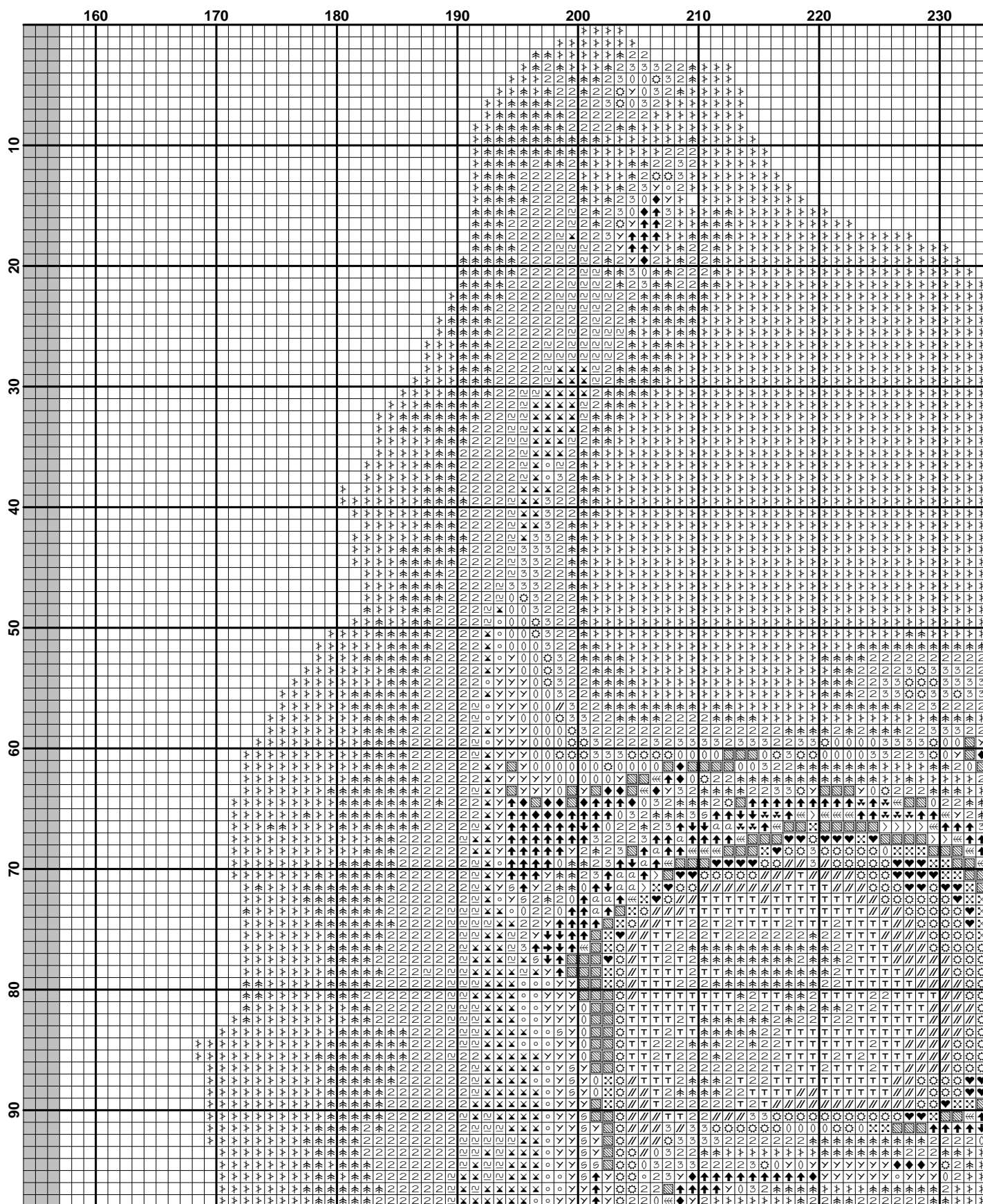
Type	Number	Full	Half	Quarter	Petite	Back(in)	Str(in)	Spec(in)	French	Bead	Skein Est.
 DMC 032	6892	0	0	0	0.0	0.0	0.0	0	0	2.000	
 DMC 150	165	0	0	0	0.0	0.0	0.0	0	0	1.000	
 DMC 151	137	0	0	0	0.0	0.0	0.0	0	0	1.000	
 DMC 152	1088	0	0	0	0.0	0.0	0.0	0	0	1.000	
 DMC 221	41	0	0	0	0.0	0.0	0.0	0	0	1.000	
 DMC 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	

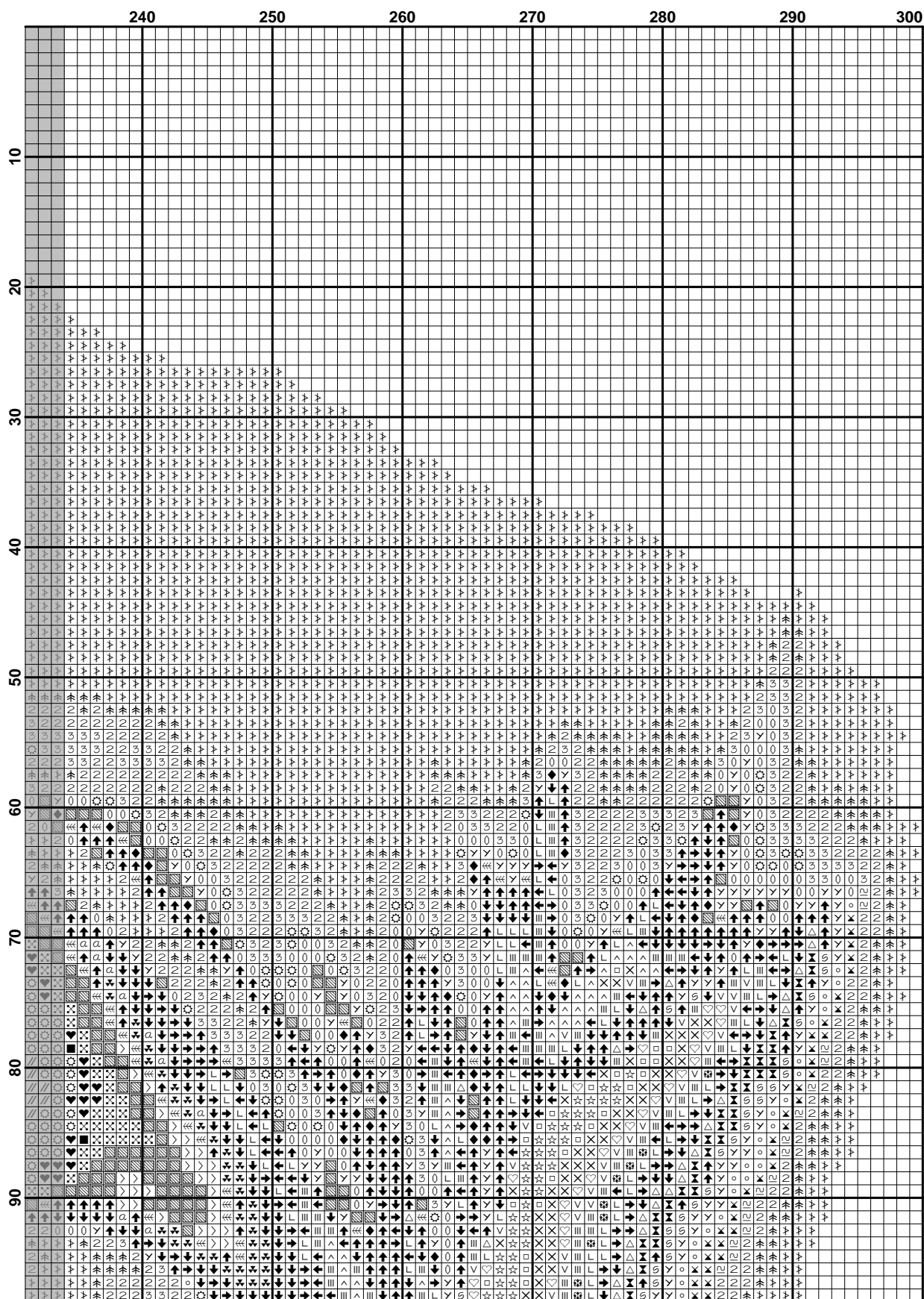
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 DMC 839	59	0	0	0	0.0	0.0	0.0	0	0	1.000	
 DMC 840	159	0	0	0	0.0	0.0	0.0	0	0	1.000	
 DMC 841	61	0	0	0	0.0	0.0	0.0	0	0	1.000	
 DMC 842	309	0	0	0	0.0	0.0	0.0	0	0	1.000	
 DMC 844	207	0	0	0	0.0	0.0	0.0	0	0	1.000	
 DMC 902	1735	0	0	0	0.0	0.0	0.0	0	0	1.000	
 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	

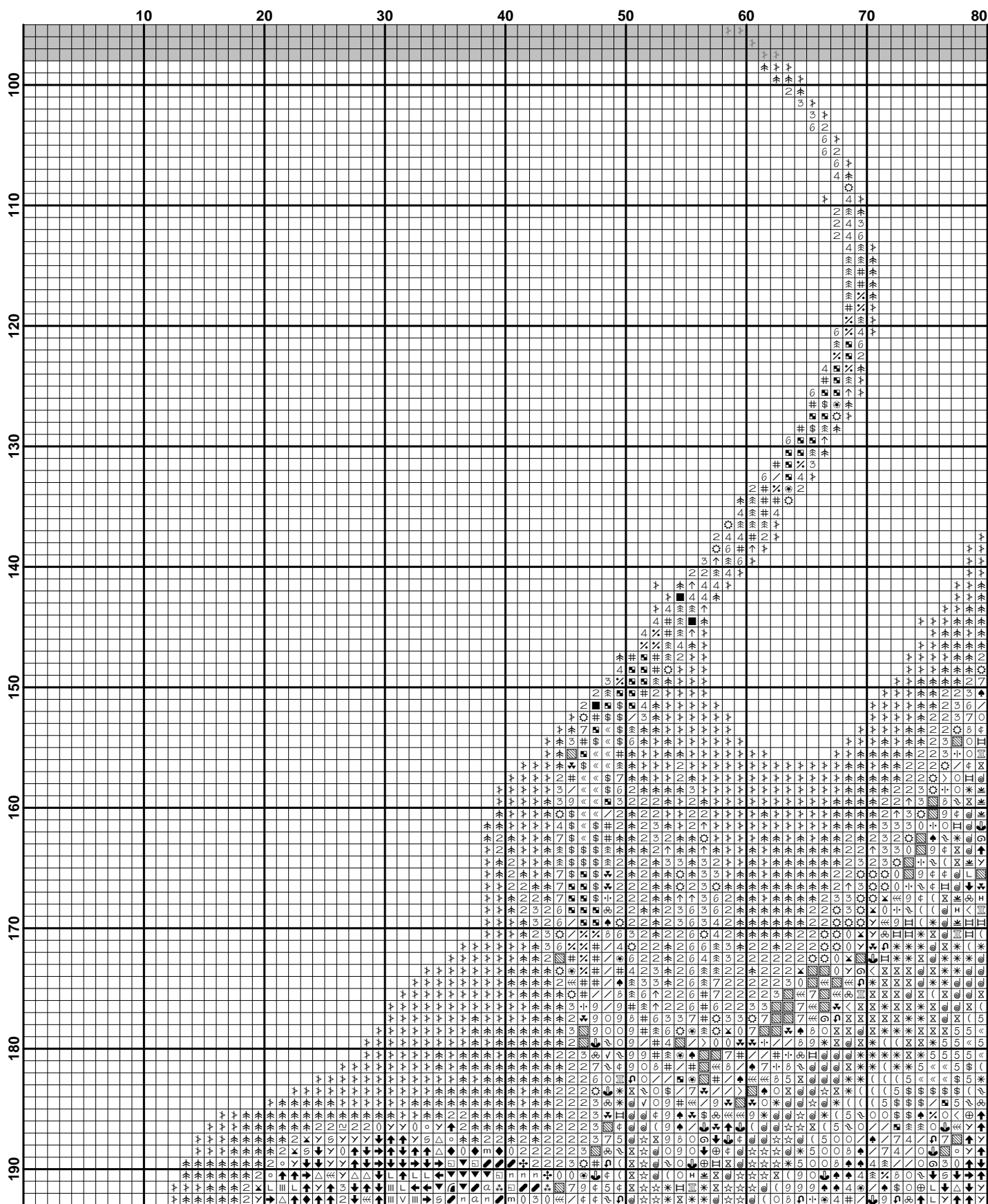
Type	Number	Full	Half	Quarter	Petite	Back(in)	Str(in)	Spec(in)	French	Bead	Skein Est.
 DMC	3790	298	0	0	0	0.0	0.0	0.0	0	0	1.000
 DMC	3799	355	0	0	0	0.0	0.0	0.0	0	0	1.000
 DMC	3802	188	0	0	0	0.0	0.0	0.0	0	0	1.000
 DMC	3803	69	0	0	0	0.0	0.0	0.0	0	0	1.000
 DMC	3831	426	0	0	0	0.0	0.0	0.0	0	0	1.000
 DMC	3832	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



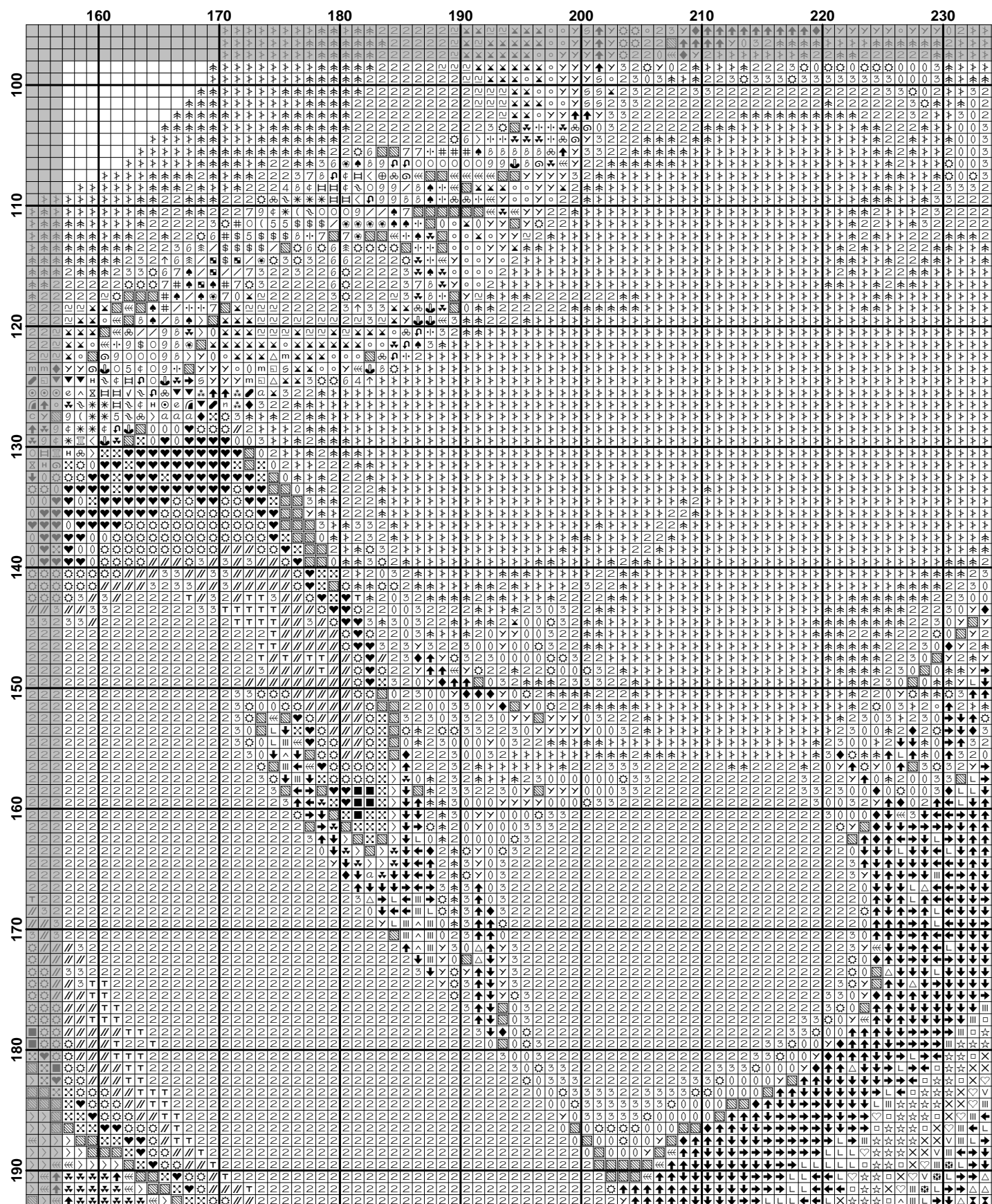








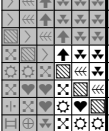
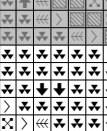
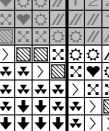





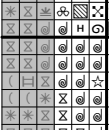

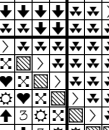
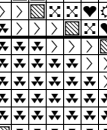
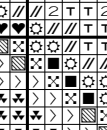



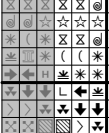
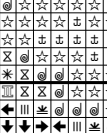
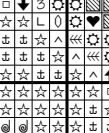
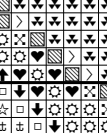
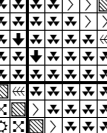
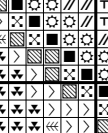
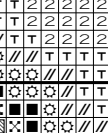
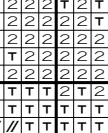
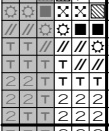
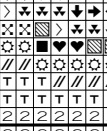
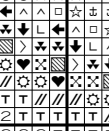
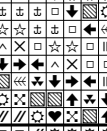
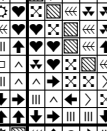
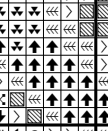
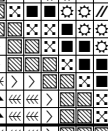
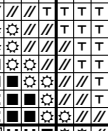
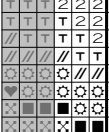
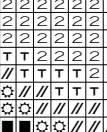
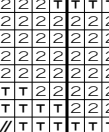
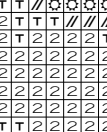
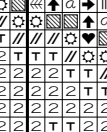
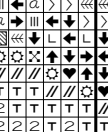
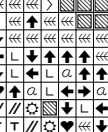
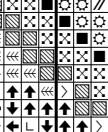
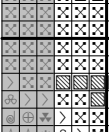
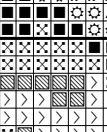
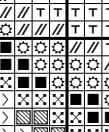
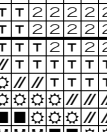



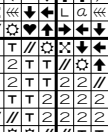
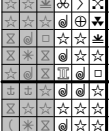
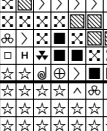
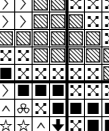
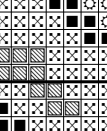
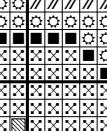
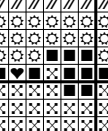
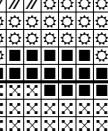
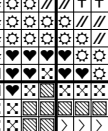



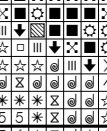

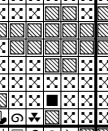
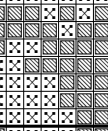
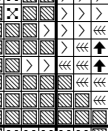
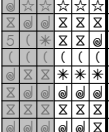
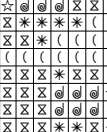
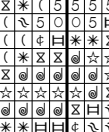
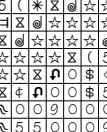
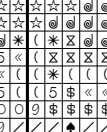
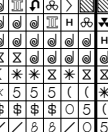
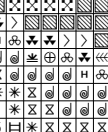
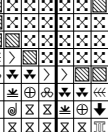
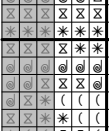
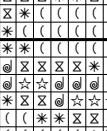






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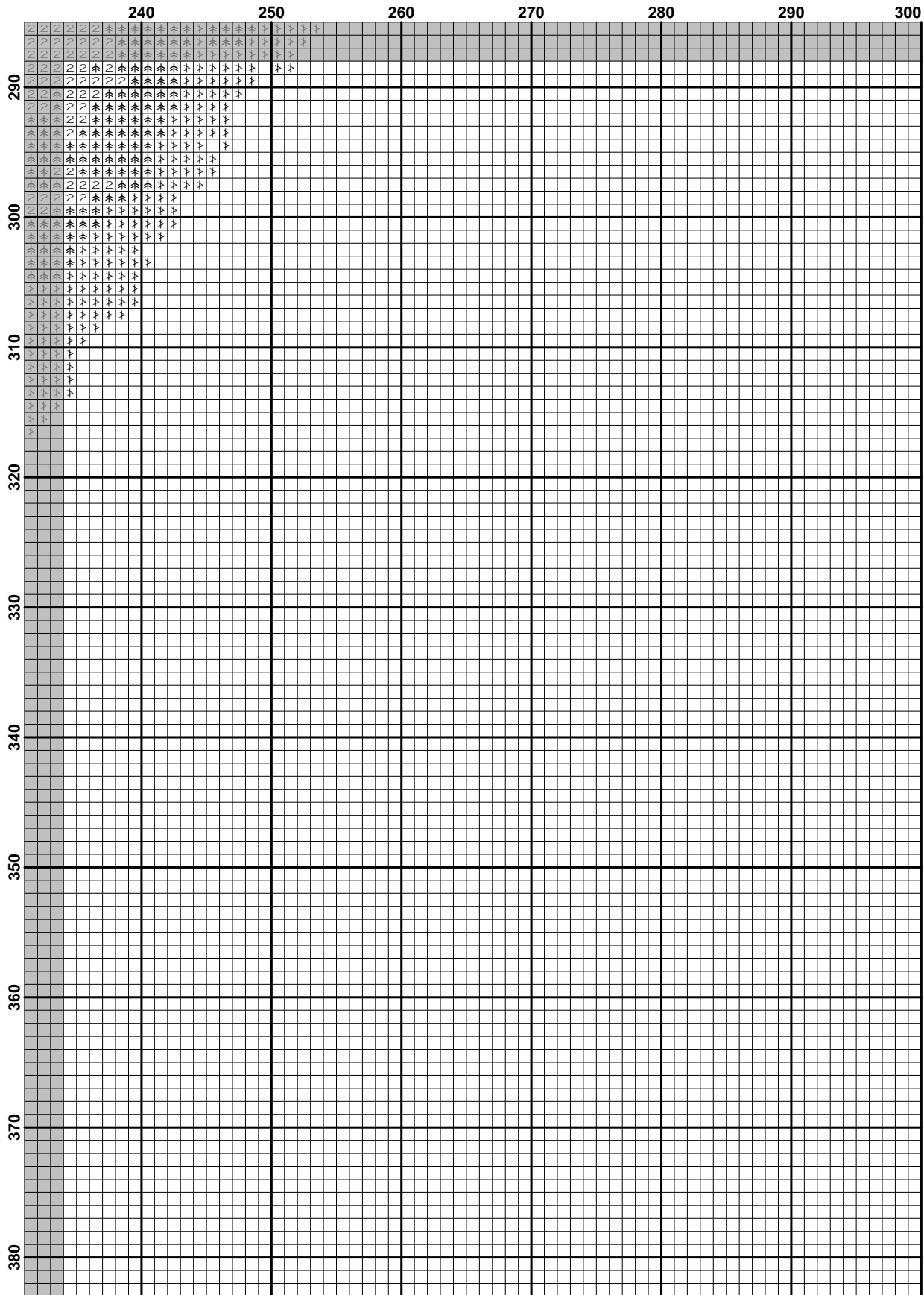
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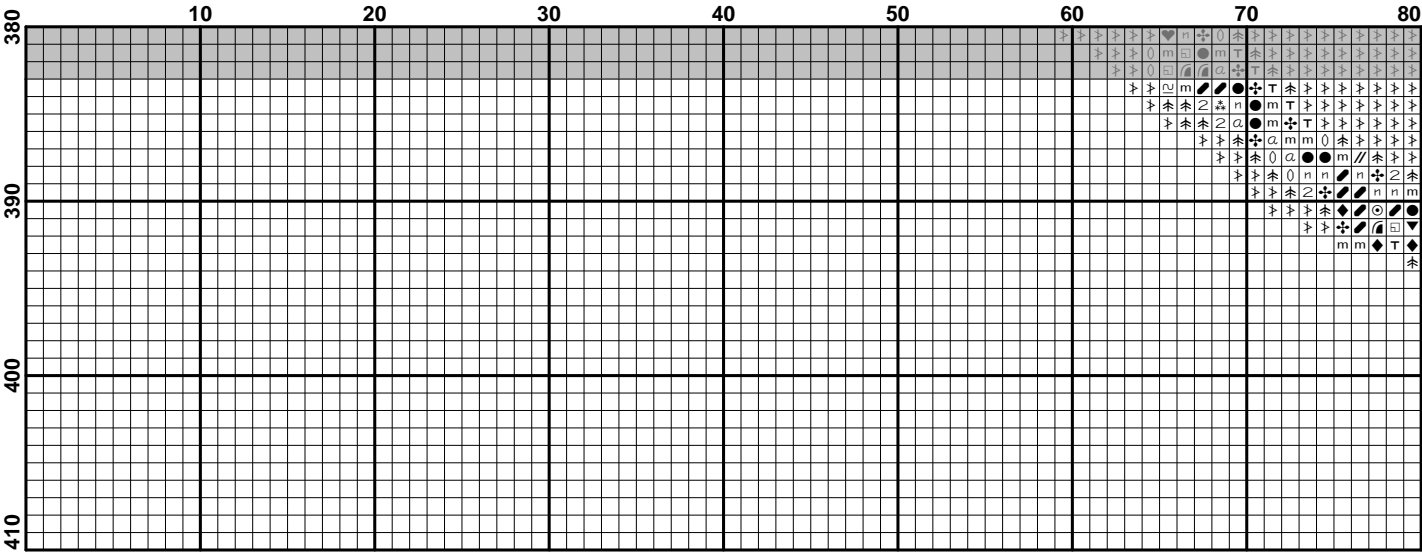
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