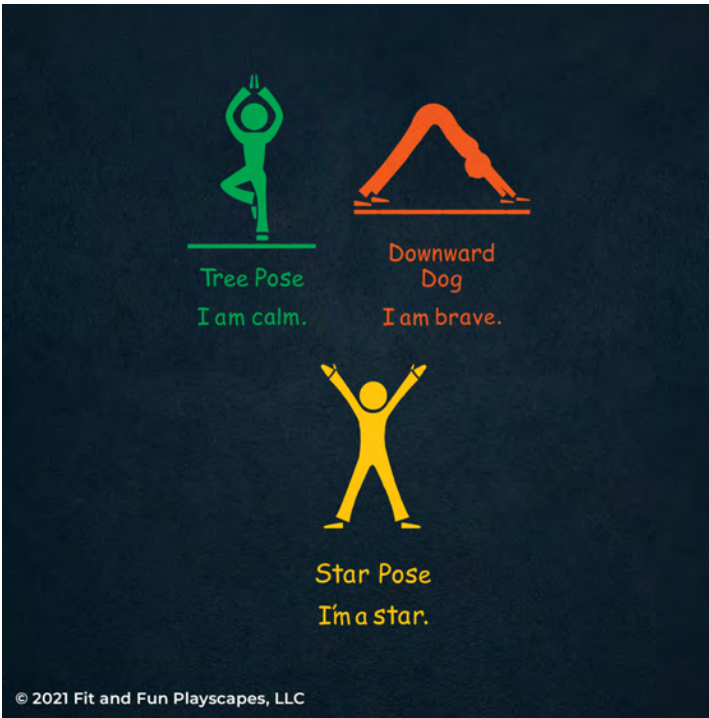




ST 5518 WELLNESS STATIONS

STARTER PACKAGE

APPLICATION INSTRUCTIONS



STENCILS INCLUDED IN YOUR PACKAGE:

3 Stencils

ST 5106 Tree Pose

ST 5110 Downward Dog Pose

ST 5112 Star Pose



ST 5106

TREE POSE

APPLICATION INSTRUCTIONS

SIZE

approx. 3 feet 2 inches wide x
6 feet 4 inches long

PAINTERS & TIME

1-2 painters for less than 1 hr



INCLUDED IN THE BOX: 1 Stencil Sheet (3 pieces)



BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.



STEP 1:

Layout your **STENCIL** in your desired location.

Separate the words along the perforation if you'd like. (For example, you can put the words above, or to the left/right of the illustration.)



STEP 2:

Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

Allow the paint to dry for a minimum of 24 hours before use.

CONGRATULATIONS!!!

**YOU FINISHED PAINTING TREE POSE
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Tree Pose should look like the image below.



Have any questions? We're here to help – call us at (800) 681-0684!

VISIT OUR WEBSITE AT WWW.FITANDFUNPLAYSCAPES.COM



ST 5110 DOWNWARD DOG POSE

APPLICATION INSTRUCTIONS

SIZE

approx. 4 feet 5 inches wide x
5 feet 4 inches long

PAINTERS & TIME

1-2 painters for less than 1 hr



INCLUDED IN THE BOX: 1 Stencil Sheet (3 pieces)



BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.



STEP 1:

Separate the stencil pieces along the perforation. Rotate the illustration stencil piece clockwise.

Layout your **STENCIL** in your desired location.

**You can put the words above, or to the left/right of the illustration.



STEP 2:

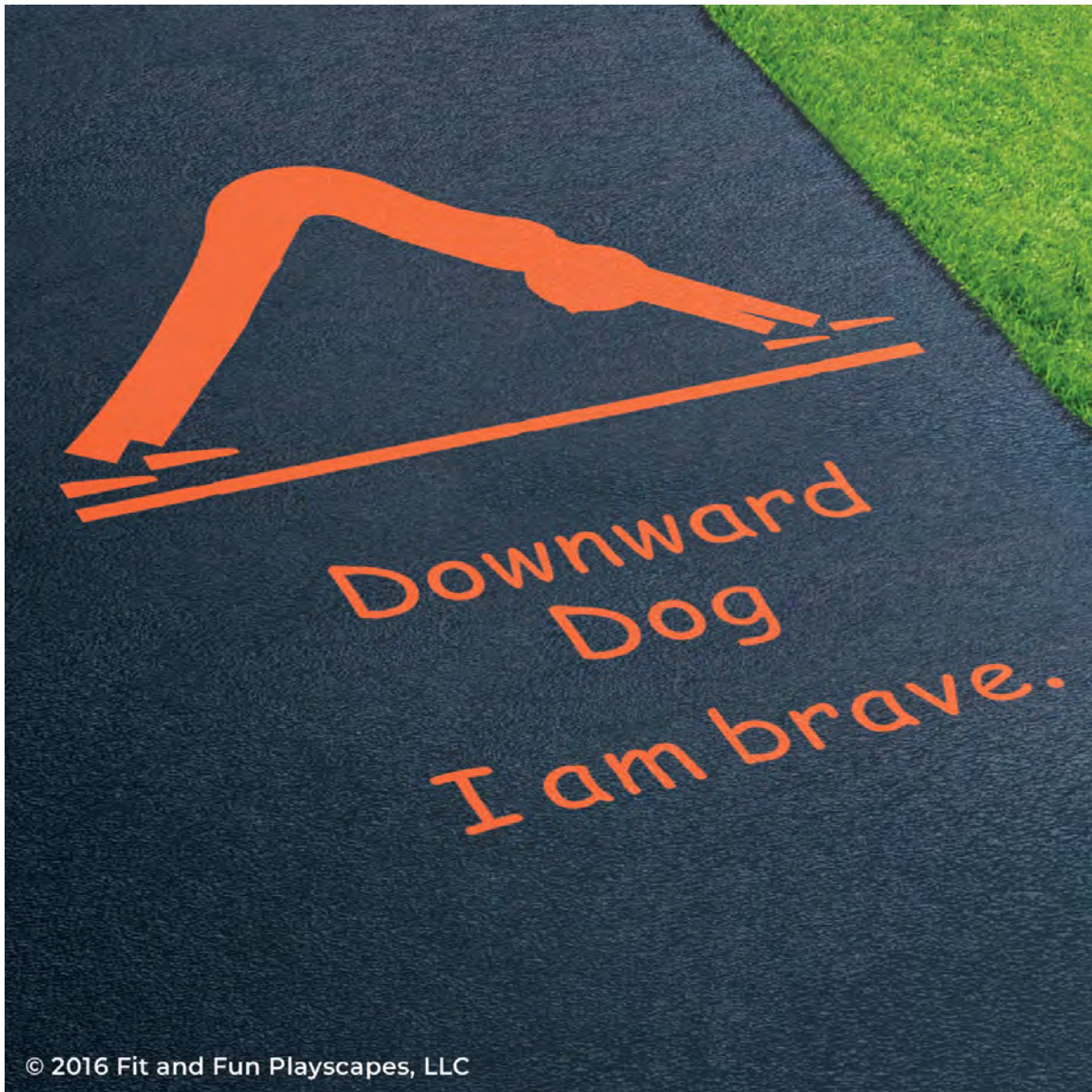
Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

Allow the paint to dry for a minimum of 24 hours before use.

CONGRATULATIONS!!!

**YOU FINISHED PAINTING DOWNWARD DOG POSE
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Downward Dog Pose should look like the image below.



Have any questions? We're here to help – call us at (800) 681-0684!

VISIT OUR WEBSITE AT WWW.FITANDFUNPLAYSCAPES.COM



ST 5112

STAR POSE

APPLICATION INSTRUCTIONS

SIZE

approx. 1 foot 6 inches wide x
3 feet long

PAINTERS & TIME

1-2 painters for less than 1 hr



INCLUDED IN THE BOX: 1 Stencil Sheet (3 pieces)



BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.



STEP 1:

Layout your **STENCIL** in your desired location.

Separate the words along the perforation if you'd like. (For example, you can put the words above, or to the left/right of the illustration.)



STEP 2:

Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

Allow the paint to dry for a minimum of 24 hours before use.

CONGRATULATIONS!!!

**YOU FINISHED PAINTING STAR POSE
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Star Pose should look like the image below.



Have any questions? We're here to help – call us at (800) 681-0684!

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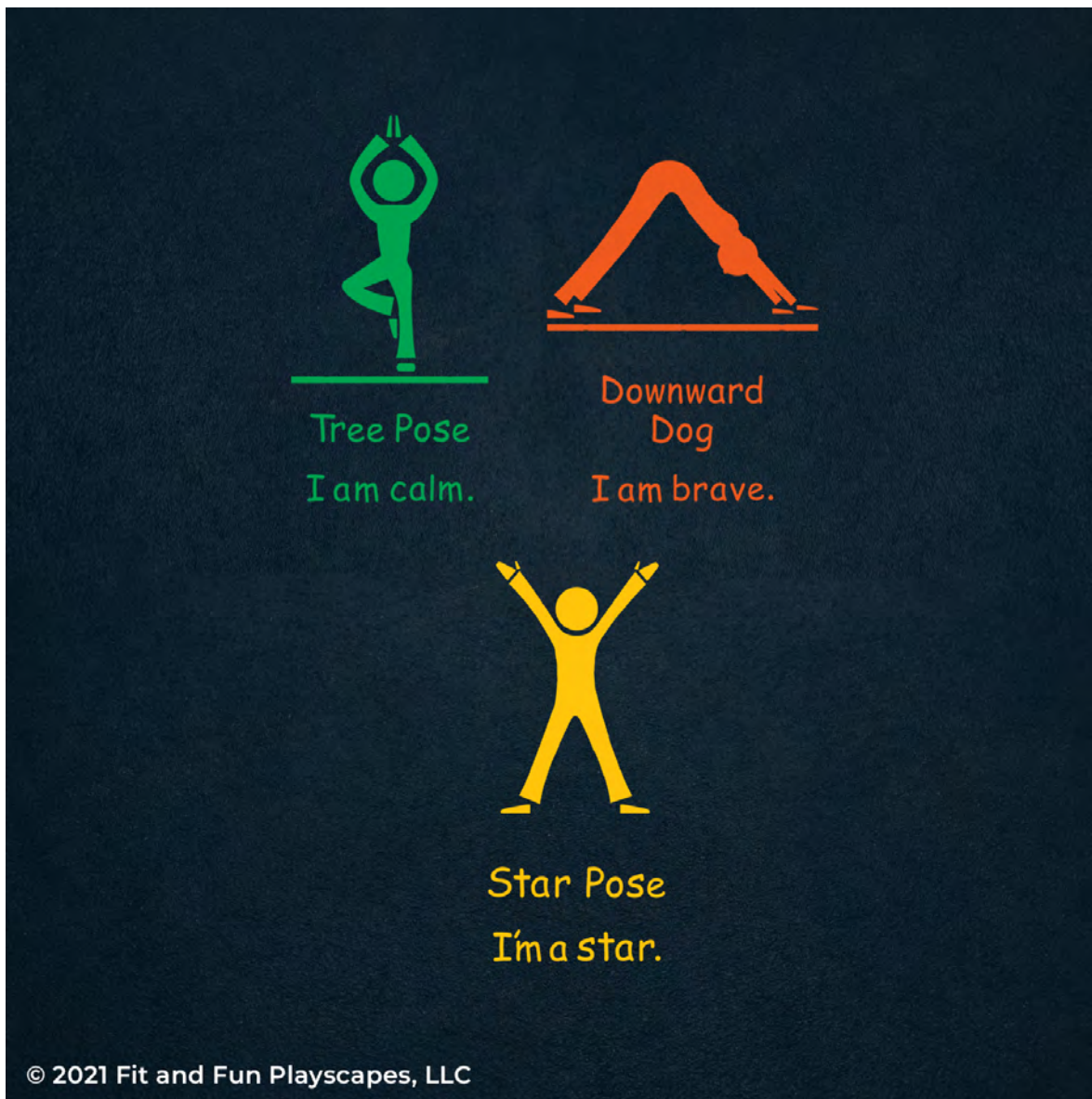
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CONGRATULATIONS!!!

YOU FINISHED PAINTING THE WELLNESS STATIONS STARTER PACKAGE

YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!

Your finished Wellness Stations Starter Package should look like the image below.



Have any questions? We're here to help – call us at (800) 681-0684!

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