



ST 5530
MINDFULNESS
& KINDNESS
STARTER PACKAGE
APPLICATION INSTRUCTIONS



STENCILS INCLUDED IN YOUR PACKAGE:
6 Stencils

ST 5106 Tree Pose

ST 5107 Peaceful Warrior Pose

ST 5108 Dancer Pose

ST 5109 Easy Pose

ST 5110 Downward Dog Pose

ST 5111 Cobra 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



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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!

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ST 5107 PEACEFUL WARRIOR POSE

APPLICATION INSTRUCTIONS

SIZE

approx. 3 feet 5 inches wide x
6 feet 5 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 PEACEFUL WARRIOR POSE
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Peaceful Warrior 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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ST 5108

DANCER POSE

APPLICATION INSTRUCTIONS

SIZE

approx. 3 feet 6 inches wide x
6 feet 2 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 DANCER POSE
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Dancer 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 5109

EASY POSE

APPLICATION INSTRUCTIONS

SIZE

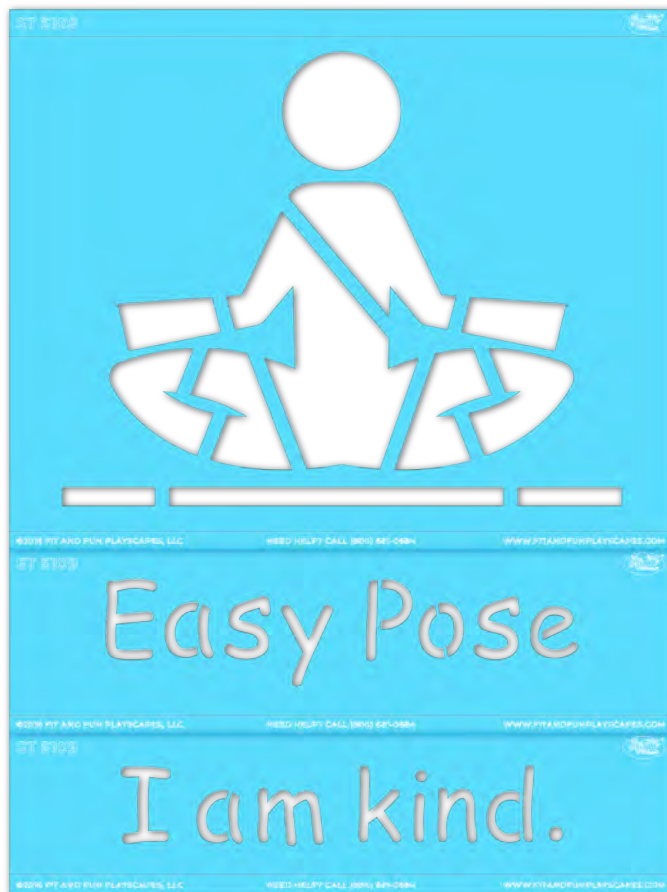
approx. 3 feet 2 inches wide x
4 feet 6 inches long

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

Your finished Easy 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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ST 5110 DOWNWARD DOG POSE

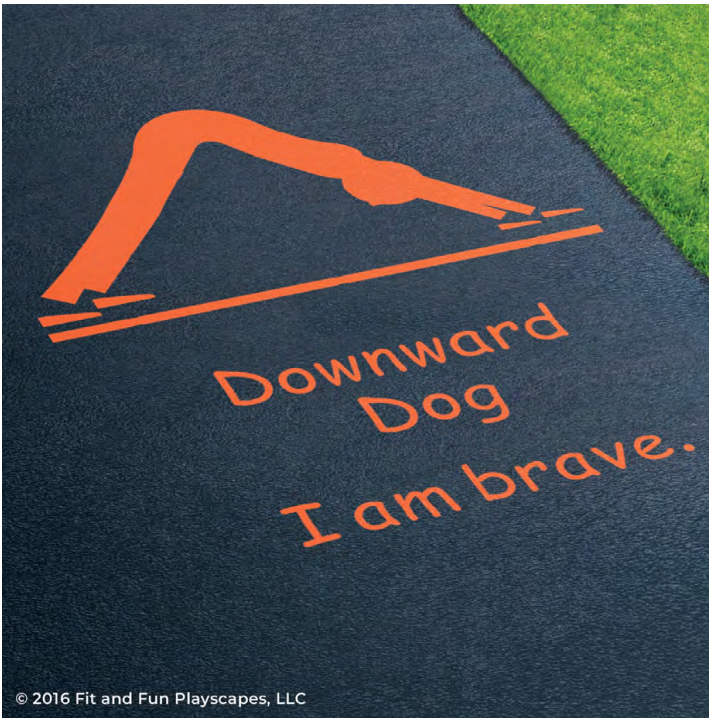
APPLICATION INSTRUCTIONS

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:

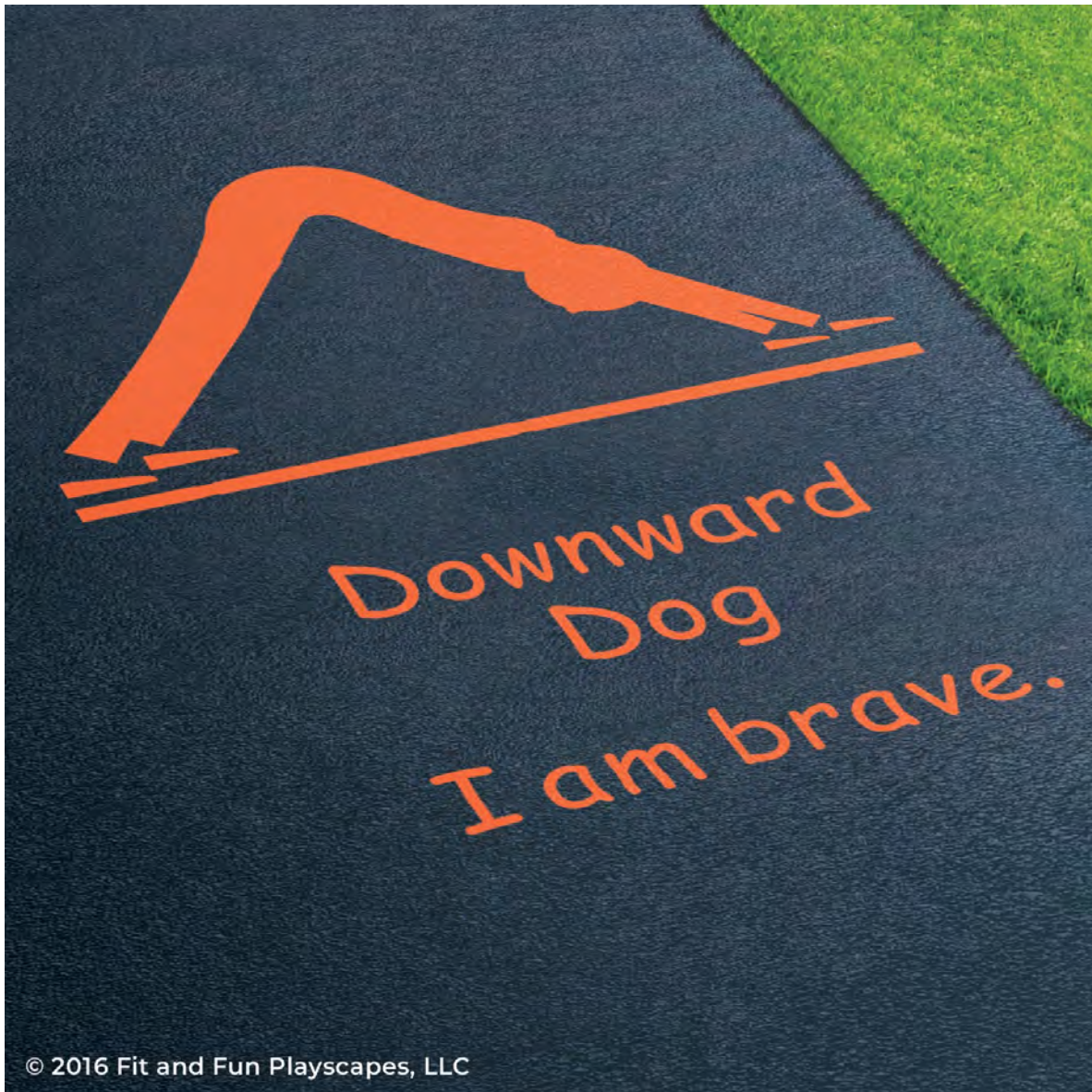
Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

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!

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ST 5111

COBRA POSE

APPLICATION INSTRUCTIONS

SIZE

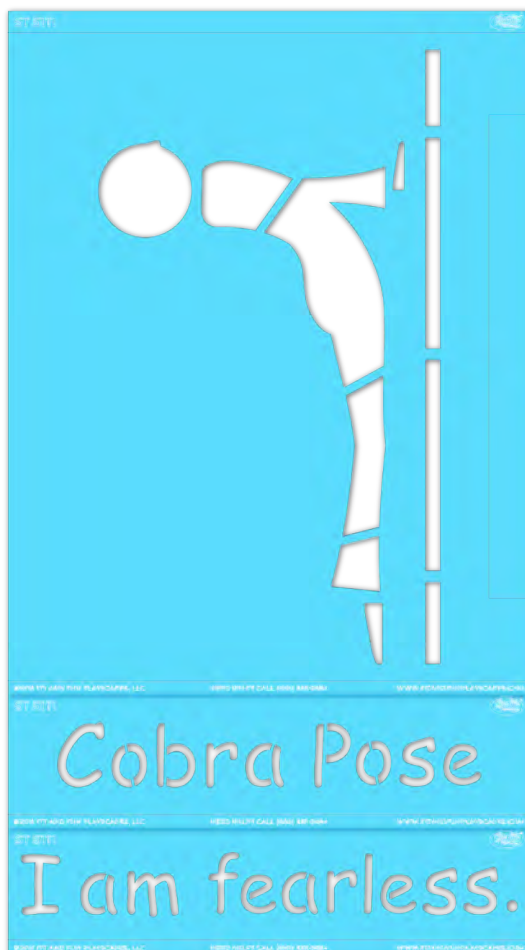
approx. 4 feet 5 inches wide x
4 feet 4 inches long

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:

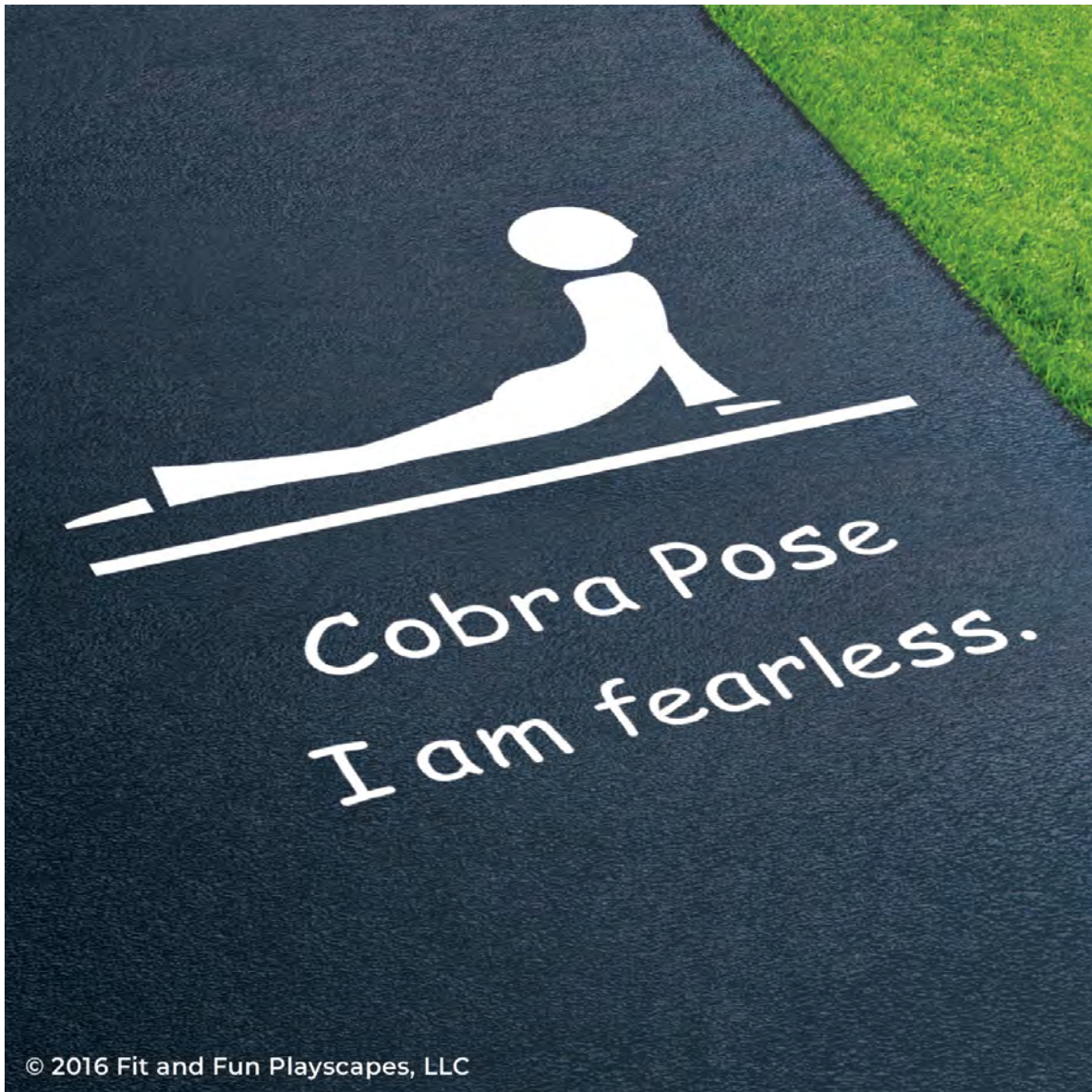
Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

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

CONGRATULATIONS!!!

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

Your finished Cobra 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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CONGRATULATIONS!!!

YOU FINISHED PAINTING THE MINDFULNESS & KINDNESS STARTER PACKAGE

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

Your finished Mindfulness & Kindness Starter Package 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