



# **ST 5532 MINDFULNESS & KINDNESS DELUXE PACKAGE APPLICATION INSTRUCTIONS**



## **STENCILS INCLUDED IN YOUR PACKAGE: 9 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 5052 Peace Path

ST 5053 Inspirational Words

ST 5060 Buddy Circle



## 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!

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## ST 5109

## EASY POSE

### APPLICATION INSTRUCTIONS

#### SIZE

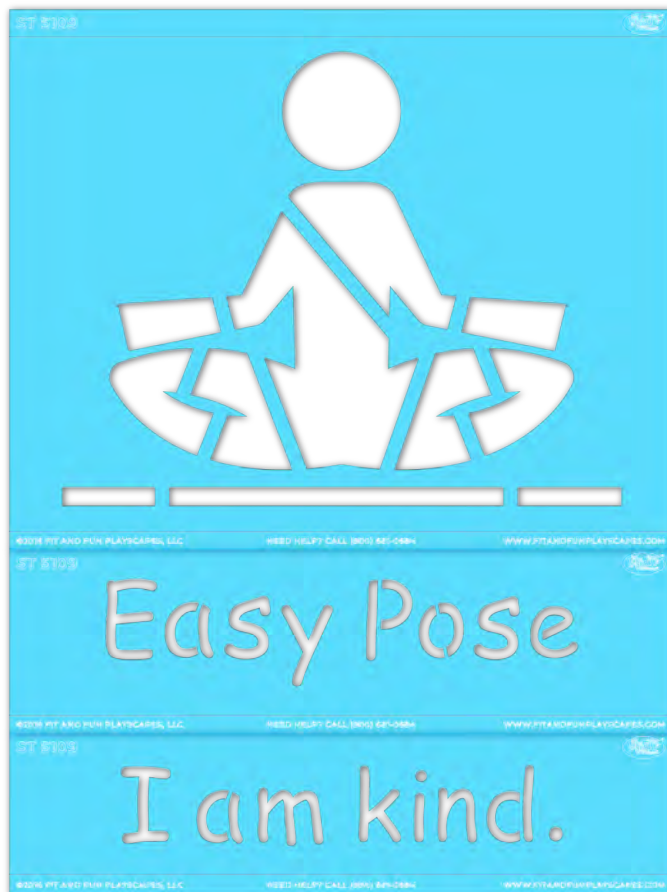
approx. 3 feet 2 inches wide x  
4 feet 6 inches long

#### 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

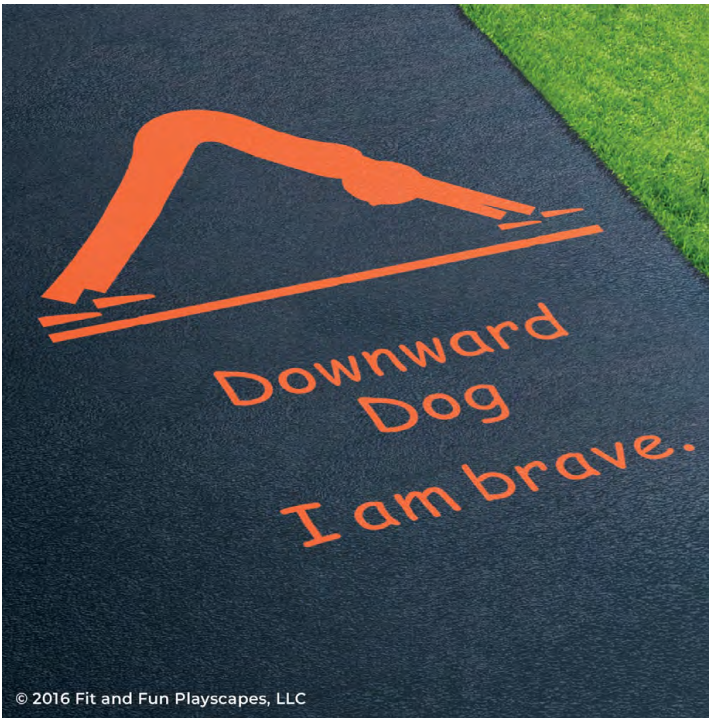
## APPLICATION INSTRUCTIONS

### 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

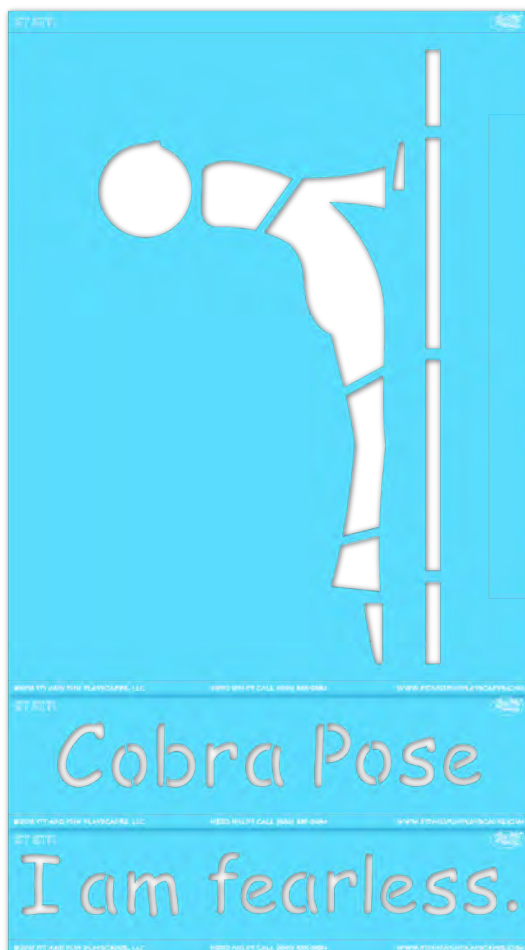
approx. 4 feet 5 inches wide x  
4 feet 4 inches long

#### 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:**

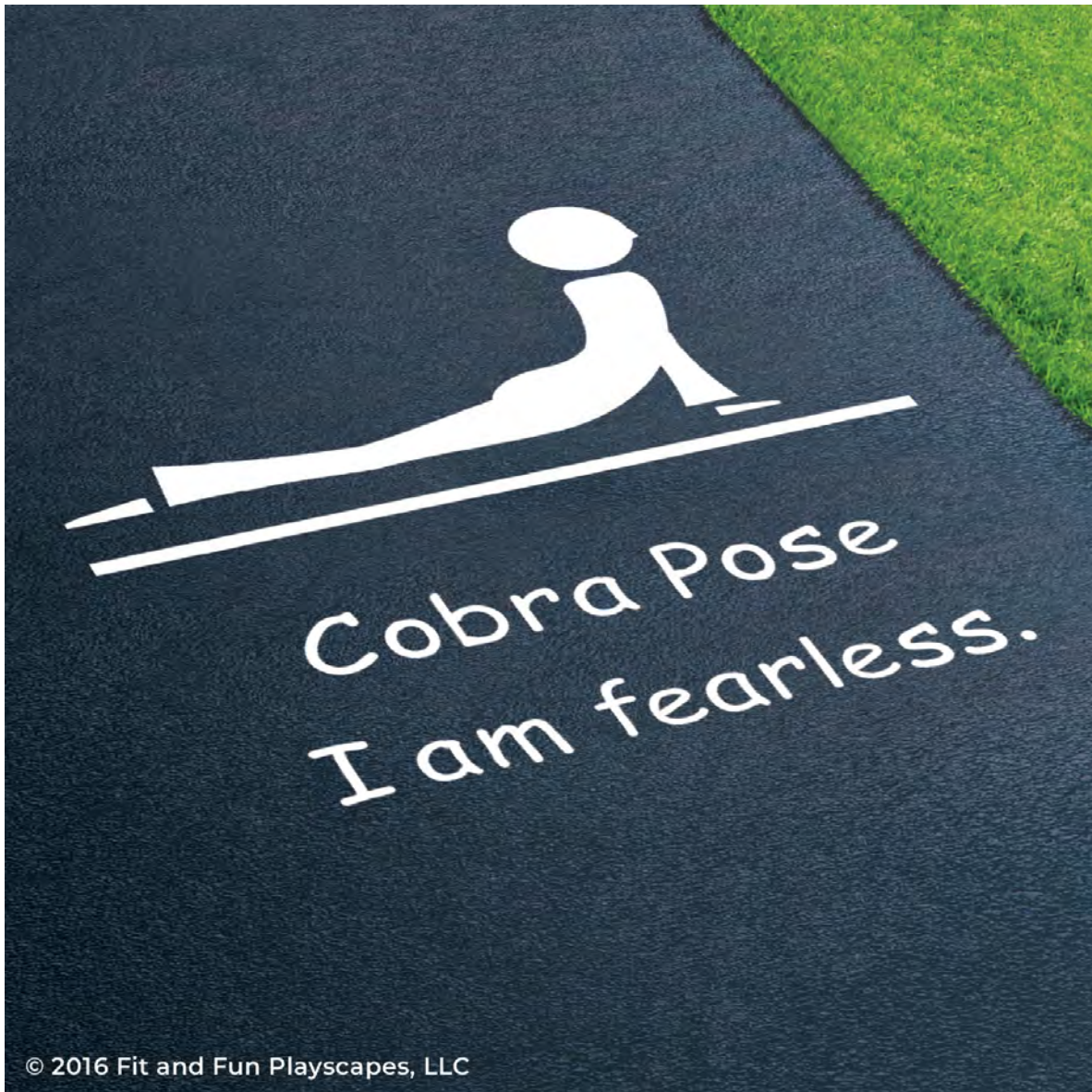
Paint your **STENCIL**. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove your **STENCIL**. Fill in the gaps so your **STENCIL** is complete.

**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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# ST 5052

# PEACE PATH

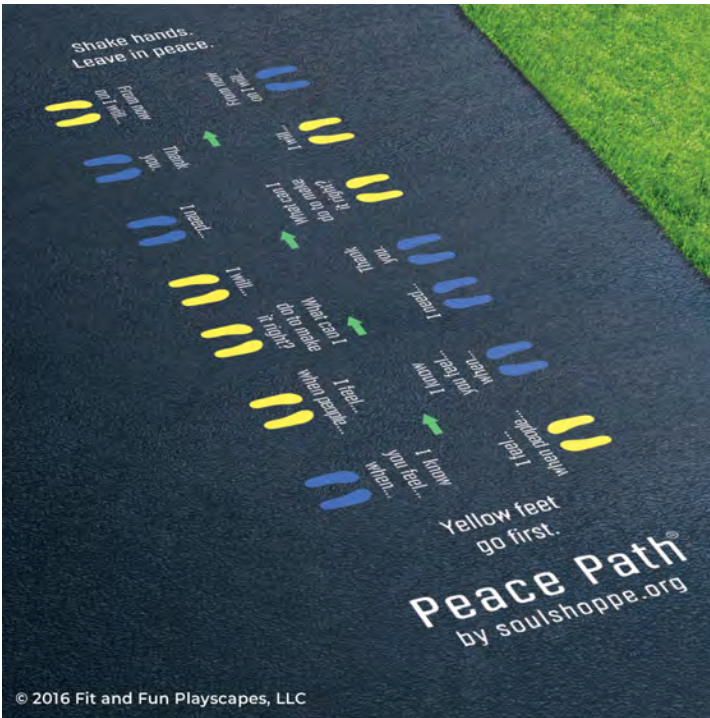
## APPLICATION INSTRUCTIONS

### SIZE

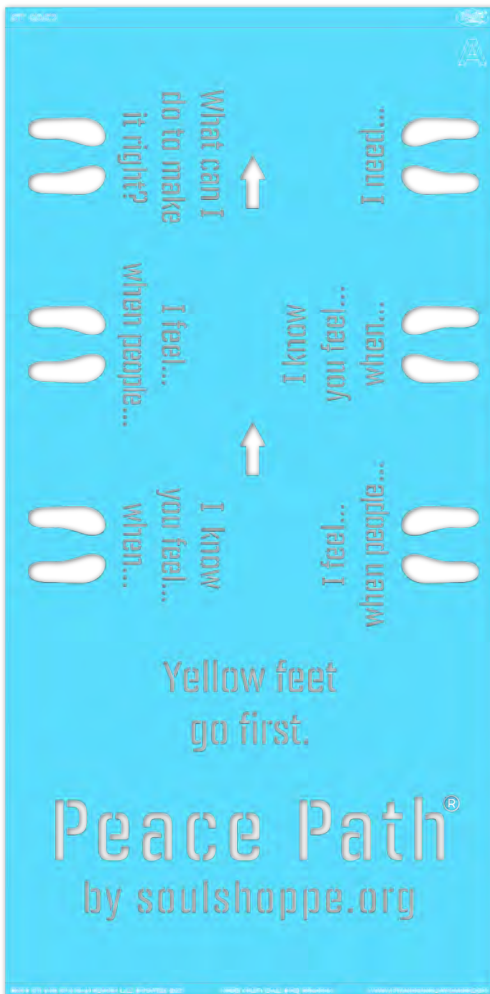
approx. 3 feet 6 inches wide x 14 feet long

### PAINTERS & TIME

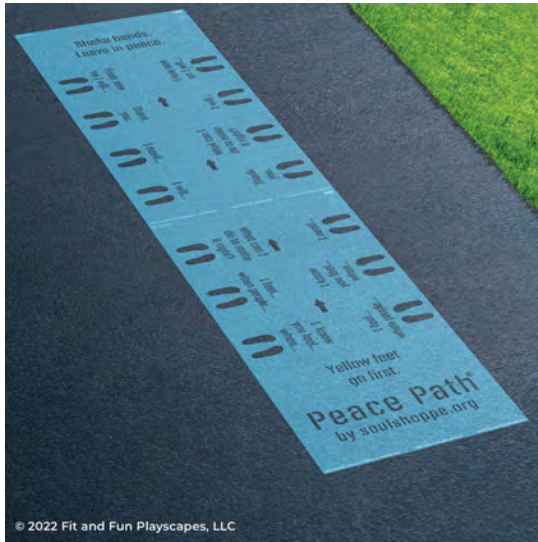
2-4 painters for 1-2 hrs



### INCLUDED IN THE BOX: 2 Stencil Sheets

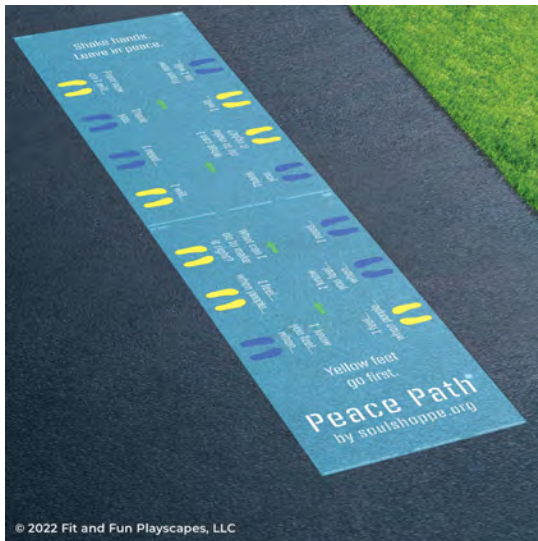


**BEFORE YOU START PAINTING: Please completely read the General Instructions & prepare your surfaces as recommended.**



## **STEP 1:**

Align the edges of **STENCIL A** and **STENCIL B** together in your desired location.



## **STEP 2:**

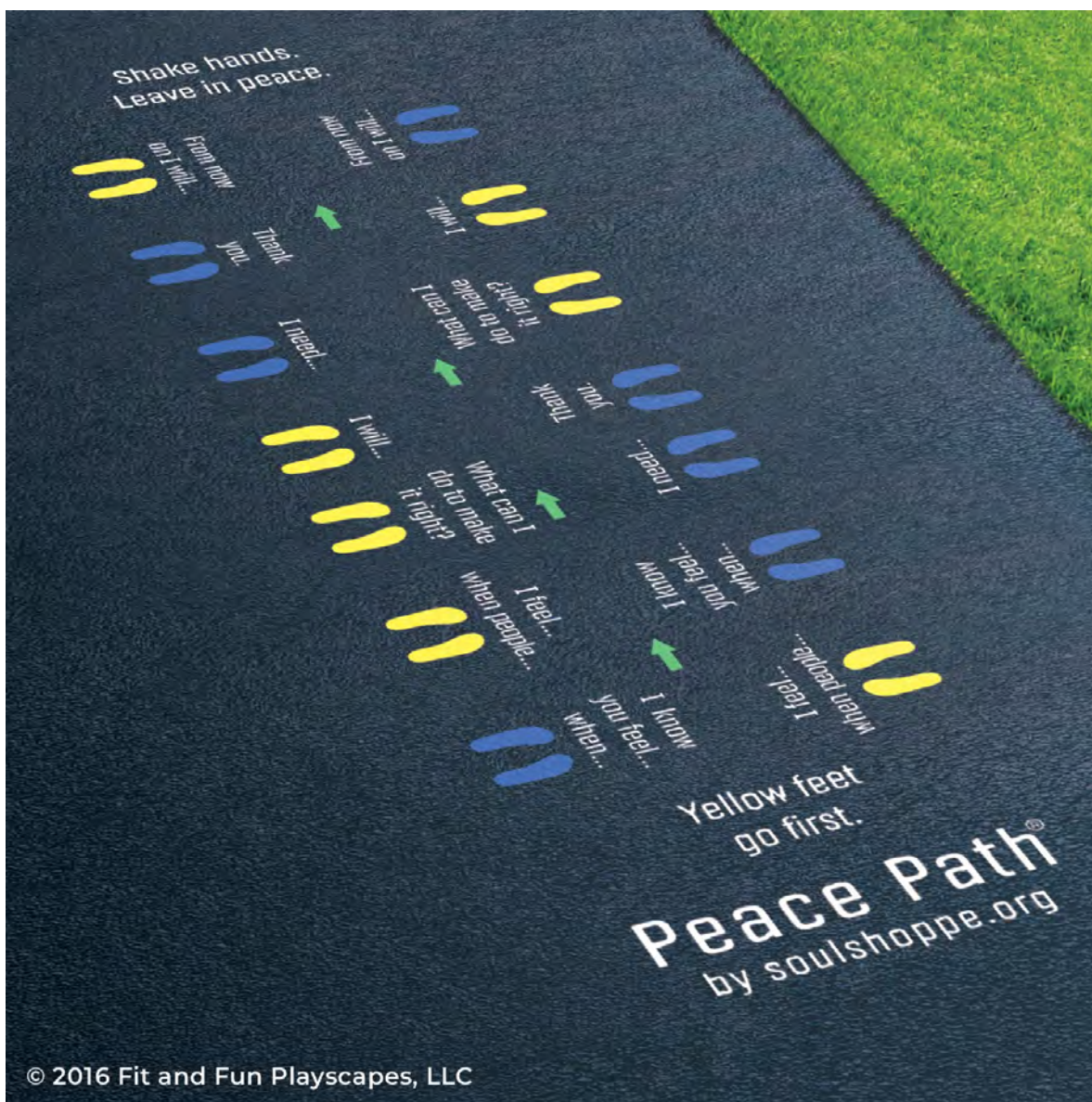
Paint your **STENCIL** using small amounts of paint for each coat and color. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove **STENCILS**. Fill in the gaps so your **STENCIL** is complete.

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

# CONGRATULATIONS!!!

**YOU FINISHED PAINTING PEACE PATH®  
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Peace Path® 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 5053

### INSPIRATIONAL WORDS

#### APPLICATION INSTRUCTIONS

#### SIZE

approx. 8 feet 5 inches wide x  
9 feet 3 inches long

#### PAINTERS & TIME

1-2 painters for less than an hr



#### INCLUDED IN THE BOX: 2 Stencil Sheets (7 pieces)



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



## **STEP 1:**

Separate the words along the perforation.

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



## **STEP 2:**

Paint your **STENCIL** using small amounts of paint for each coat and color. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove **STENCILS**. 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 INSPIRATIONAL WORDS  
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Inspirational Words 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 5060

# BUDDY CIRCLE

## APPLICATION INSTRUCTIONS

### SIZE

Diameter is approx. 7 feet

### PAINTERS & TIME

1-4 painters for 1-4 hrs



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## INCLUDED IN THE BOX: 2 Stencil Sheets



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



## **STEP 1:**

Place **STENCIL A** in your desired location.

Paint **STENCIL A** using small amounts of paint for each coat and color. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove **STENCIL A**. Fill in the gaps so **STENCIL A** is complete.



## **STEP 2:**

Align **STENCIL B** to the painted area using the etch marks on the stencil. Paint **STENCIL B** using small amounts of paint for each coat and color. Repeat 1-2 more times to achieve desired vividness, drying after each application. Then remove **STENCIL B**. Fill in the gaps so **STENCIL B** is complete.

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

# CONGRATULATIONS!!!

**YOU FINISHED PAINTING BUDDY CIRCLE  
YOU DID IT! GIVE YOURSELVES A PAT ON THE BACK!**

Your finished Buddy Circle should look like the image below.



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

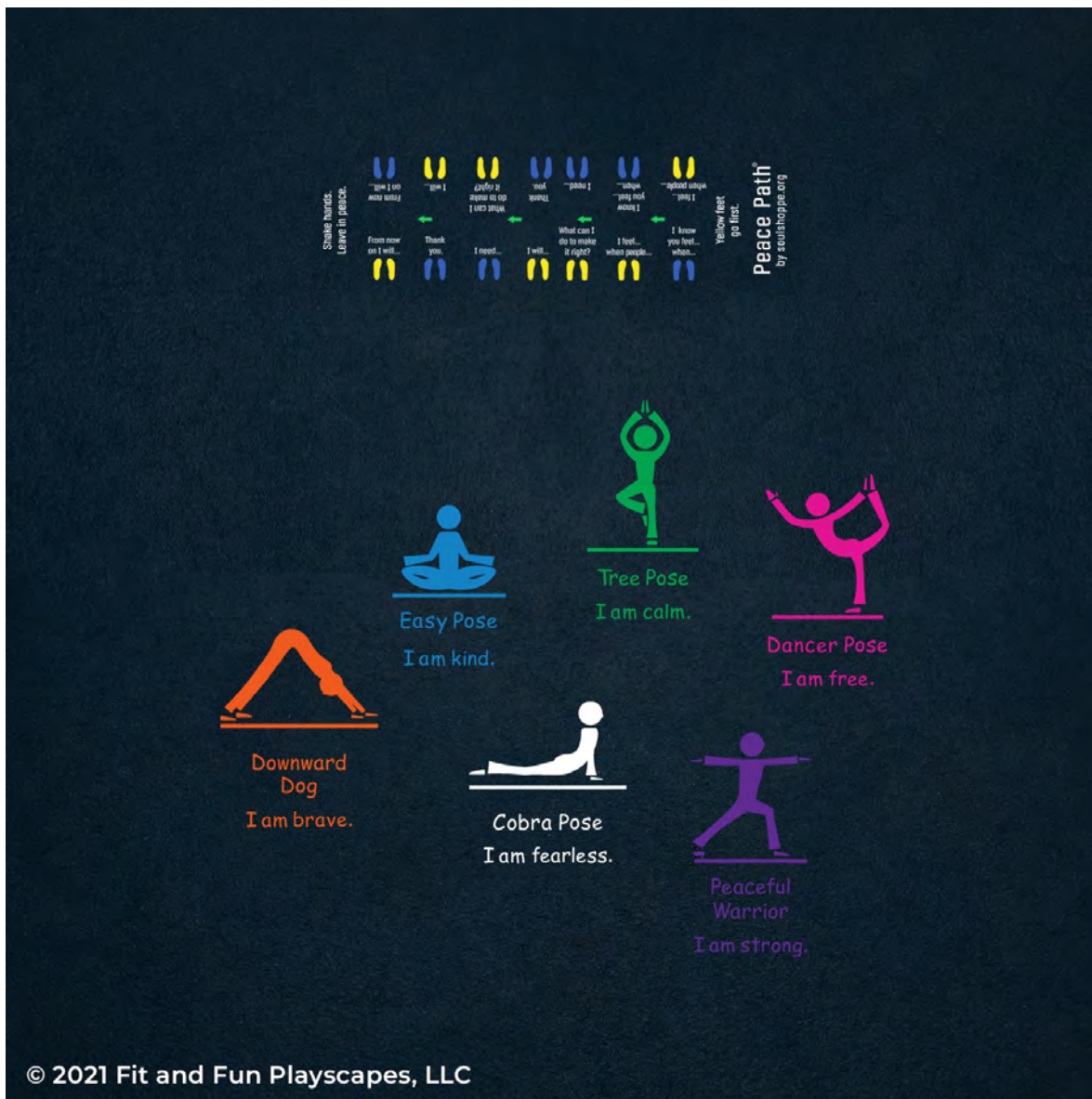
VISIT OUR WEBSITE AT [WWW.FITANDFUNPLAYSCAPES.COM](http://WWW.FITANDFUNPLAYSCAPES.COM)

# CONGRATULATIONS!!!

## YOU FINISHED PAINTING THE MINDFULNESS & KINDNESS DELUXE PACKAGE

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

Your finished Mindfulness & Kindness Deluxe 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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