

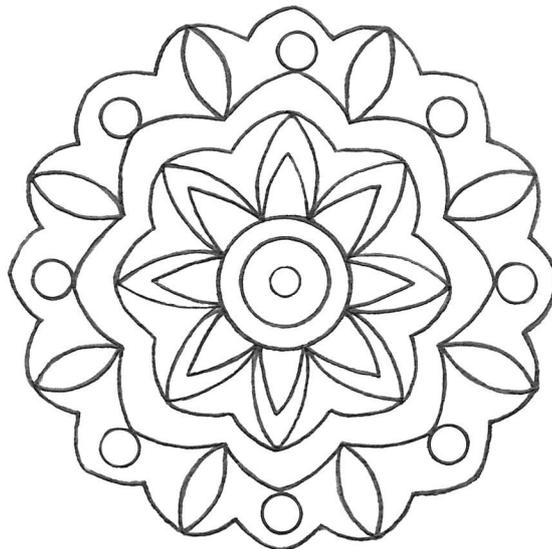
Free Design

Silk Mandala



Print off this page and trace the design below onto your fabric with a waterproof or erasable transfer pen or use the prick and pounce method; it's quite intricate so take your time! Go over the design with a black pen first if you can't see it clearly through the fabric. Frame the fabric into your embroidery hoop placing a backing fabric behind your embroidery fabric to give you a more stable ground to work on.

Outline design for transfer



Inspiration

I used this design to try out different types of silk threads (check out the video on YouTube) and the stitch diagram on the next page contains some stitches that you could use but you can interpret this in any technique, stitches, colours or threads that you like!

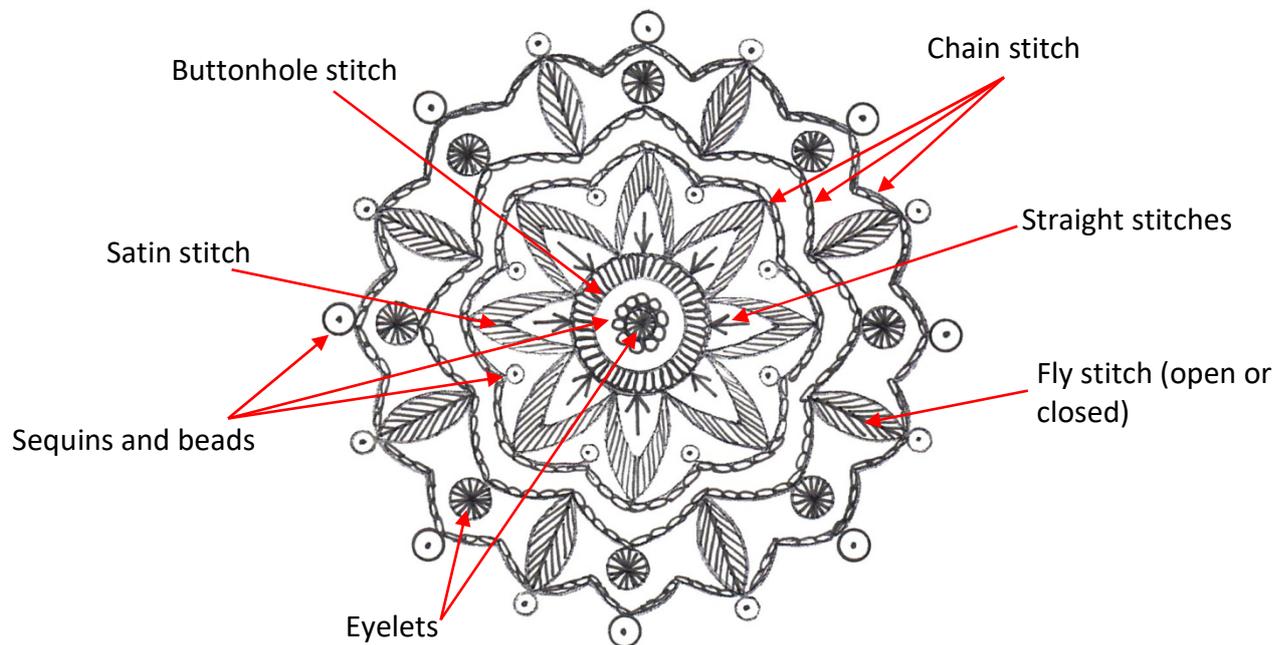
Check out our other videos on how to frame up your fabric, how to thread your needles and how to start and finish your threads; just search **Sarah Homfray Embroidery** on YouTube to find our channel and click on the red **SUBSCRIBE** button to bookmark our page.

You will need:-

A printer to print off this design! (I printed it straight onto tracing paper to do a pricking)

Stitch Plan

Work the design from the centre outwards



Threads

In my video I worked this design in different types of silk threads but it would look great in many different kinds of threads; stranded cotton gives you a wonderful range of colours to choose from and you can choose the number of strands you want to use. Our Burmilana thread range is a very fine crewel wool that would look lovely also or just have a look in your stash!

Fabric

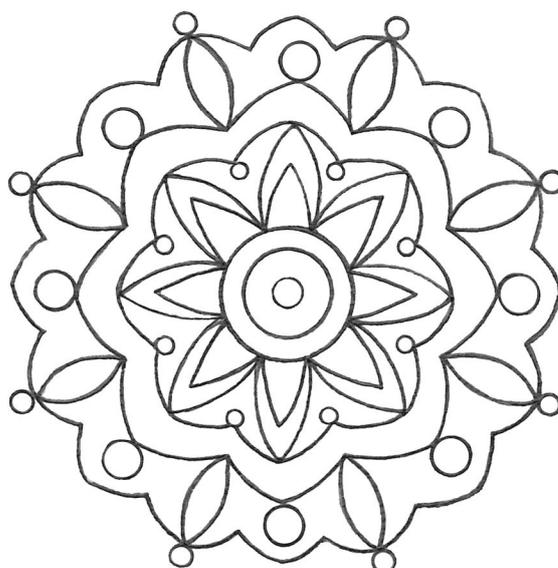
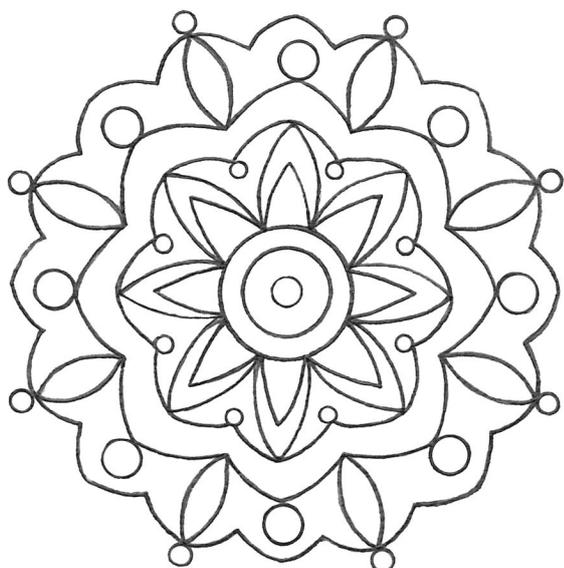
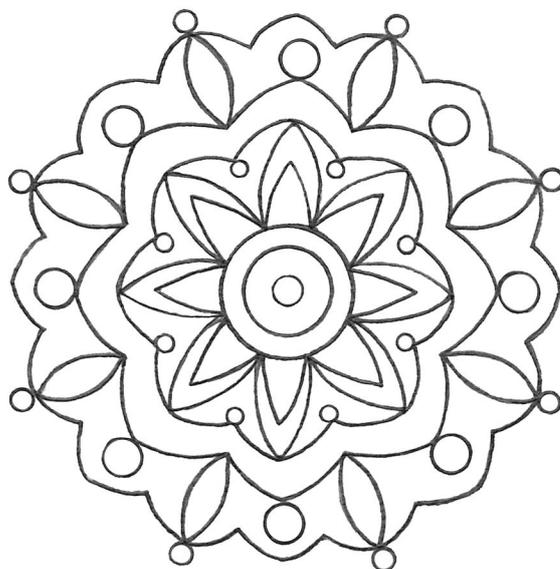
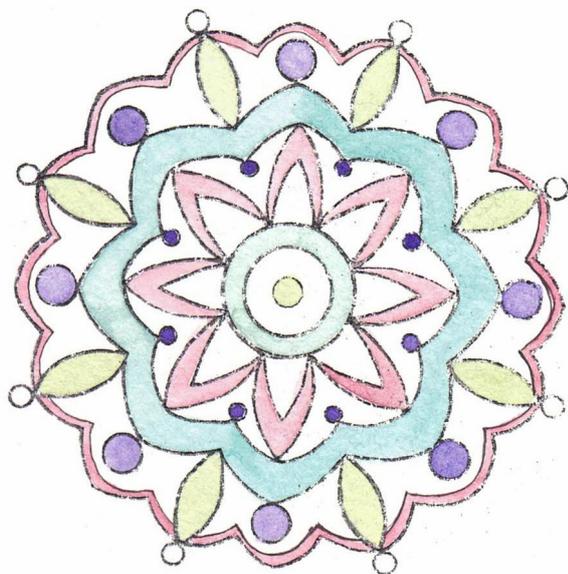
I used silk fabric to go with the silk threads but anything made of natural fibres such as cotton, linen or linen/cotton blend will work well. I always use a cotton backing fabric also.

Other items you will need:

- Embroidery scissors
- Needles to match the thread you are using
- Embroidery hoop (this design is 7.5cm/3" in diameter)
- Waterproof or erasable design transfer pen
- Optional - Versatile table clamp to hold the frame still

Use the outline designs on the next page to help you choose your own colour scheme! Check out our video all about colour to help you with some ideas or look around you and see what inspires you; colours from your wardrobe, colours in your garden, colours in the clouds!

Try out some different colour ways!



Sarah is happy for you to use this design for your own personal use but not for any commercial use please without Sarah's permission (e.g. selling it on, teaching, selling the finished embroidery etc.)