



Brain Canvas
By Fire and Iris

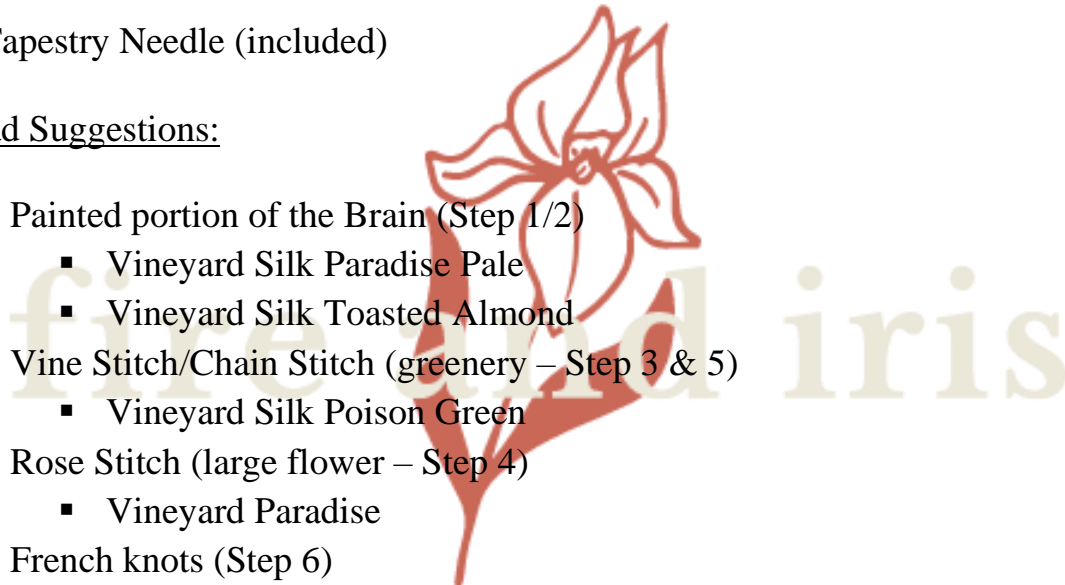
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General Information:

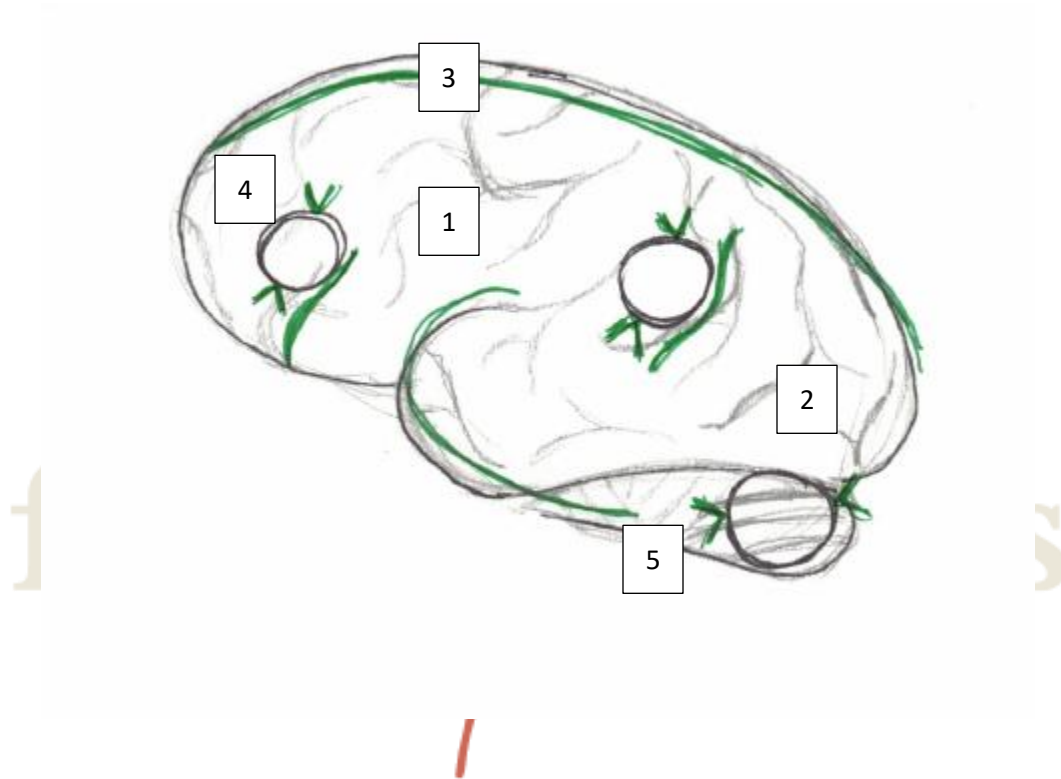
This project is meant to be a fun, low-stress, and budget friendly project. This guide is meant to provide a little inspiration and show you how I completed my project. For how-to videos on the stitches I used in this project, check out the videos on my Instagram page @fire.and.iris, or on our website. However, please feel free to use whatever fibers, and stitch the project in any way you see fit!

Supplies:

- 18 Mesh Canvas (included)
- #22 Tapestry Needle (included)
- Thread Suggestions:
 - Painted portion of the Brain (Step 1/2)
 - Vineyard Silk Paradise Pale
 - Vineyard Silk Toasted Almond
 - Vine Stitch/Chain Stitch (greenery – Step 3 & 5)
 - Vineyard Silk Poison Green
 - Rose Stitch (large flower – Step 4)
 - Vineyard Paradise
 - French knots (Step 6)
 - Vineyard Silk Zinfandel
 - Vineyard Silk Mint
 - Vineyard Silk Nautical
 - Vineyard Silk Paradise



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Stitch guide sections. We'll be referring to this diagram throughout the guide.

Step 1: Stitch the painted portion in tent stitches or T-stitch

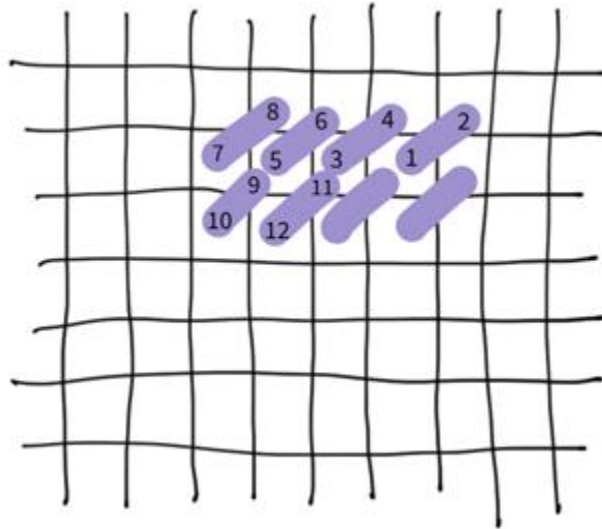


Diagram: Continental Stitch

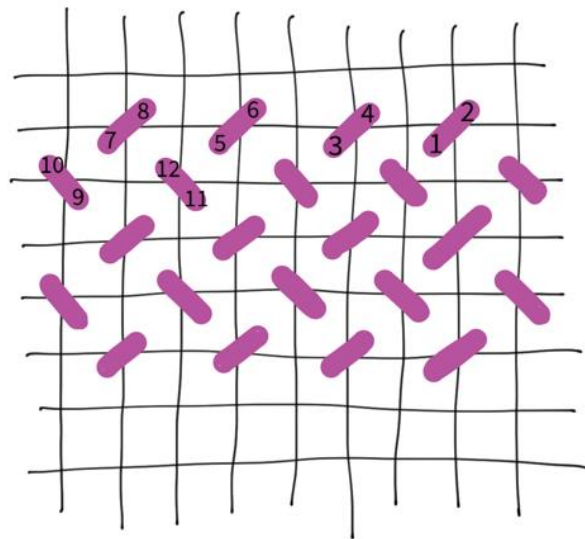


Diagram: T- stitch

Step 2: Stitch the ‘folds’ of the brain. This can be done with tent stitches as with step 1, or with a back stitch.

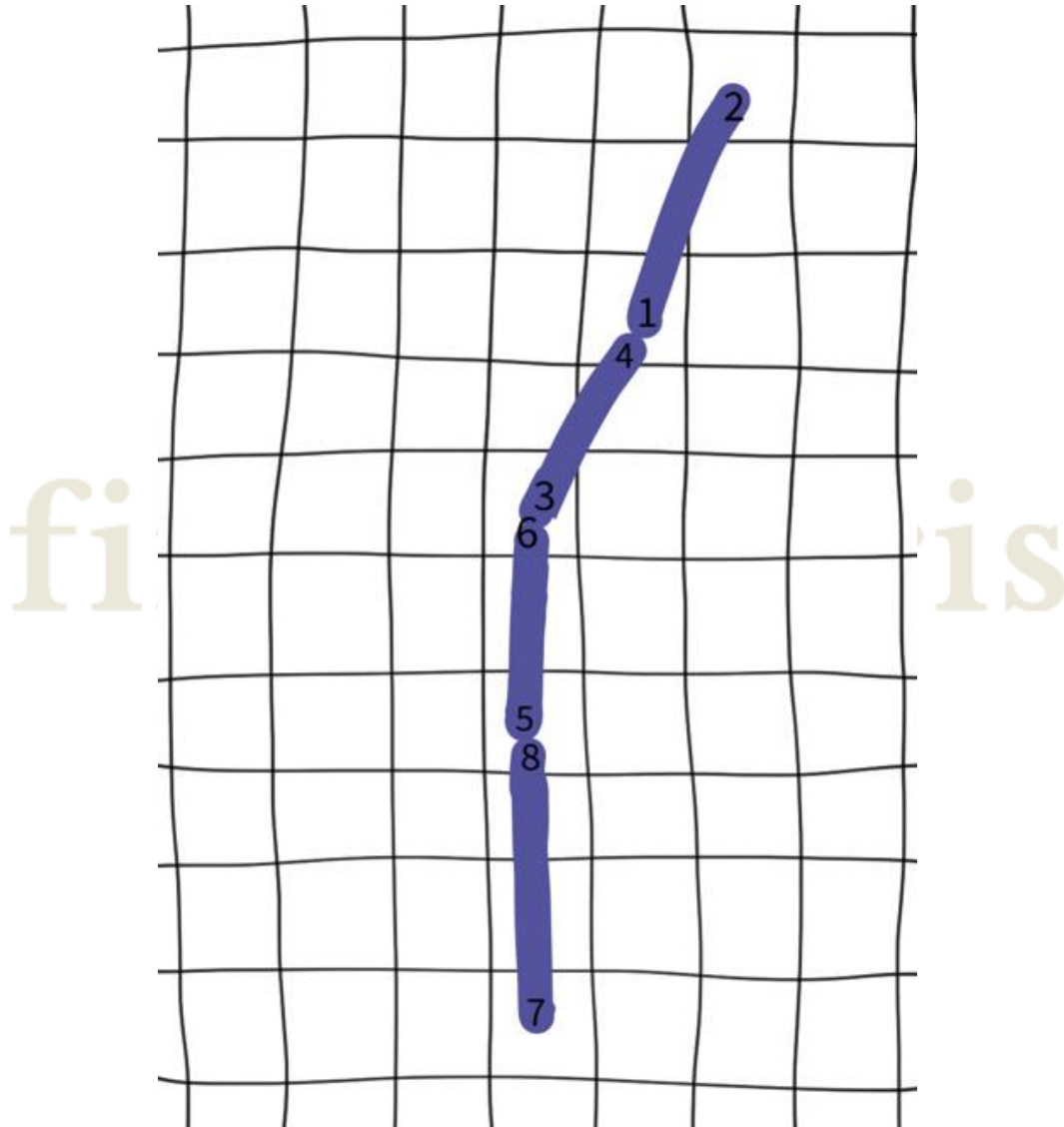


Diagram: Back Stitch

Step 3: Lay down the vines/greenery. This can be used with the vine (feather) stitch or a chain stitch. (*This is depicted with the green lines in the diagram on pg3*)

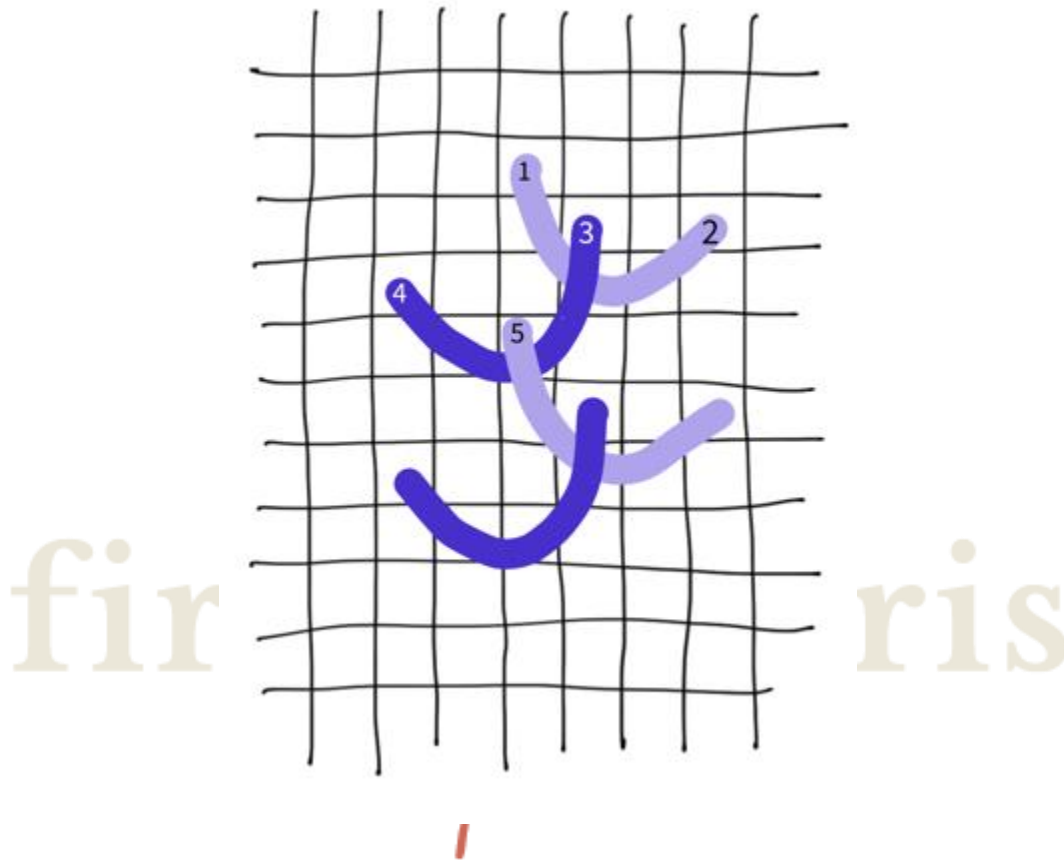


Diagram: Vine Stitch

Step 4: Stitch the Rose stitch (or the larger floral). (*This is depicted with the circles in the diagram on pg3*)

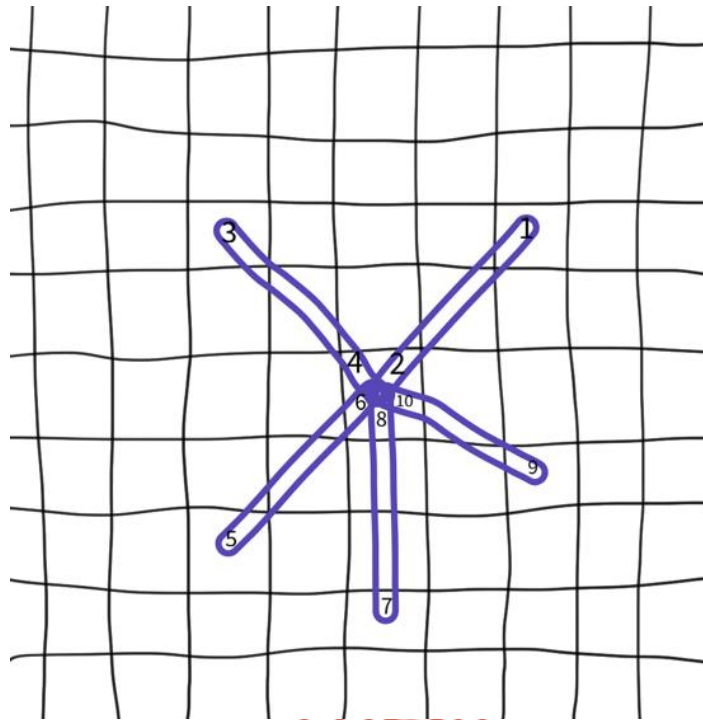
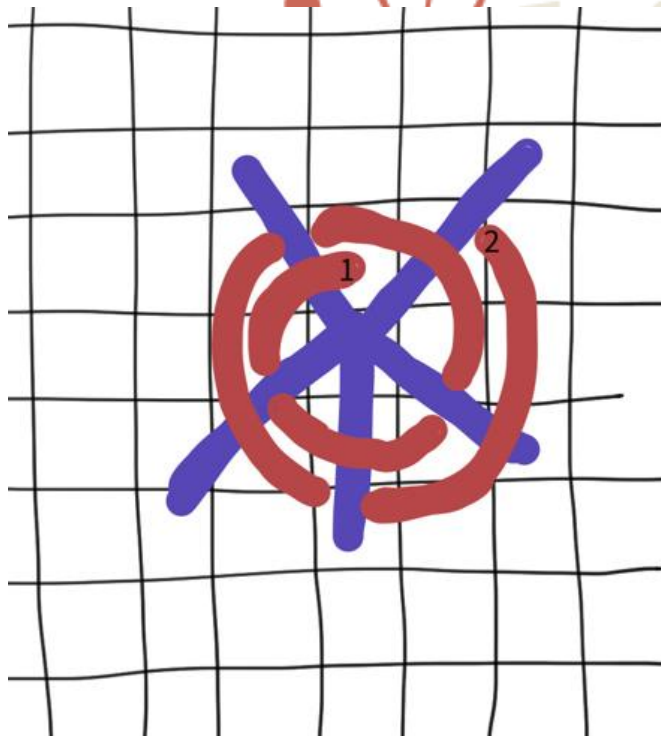


Diagram: Part 1 of the Rose Stitch



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Diagram: Part 2 of the Rose Stitch

Step 5: Stitch the greenery around the rose stitch. This can be done in the single chain stitch. (*This is depicted with the green “V”s in the diagram on pg3.*)

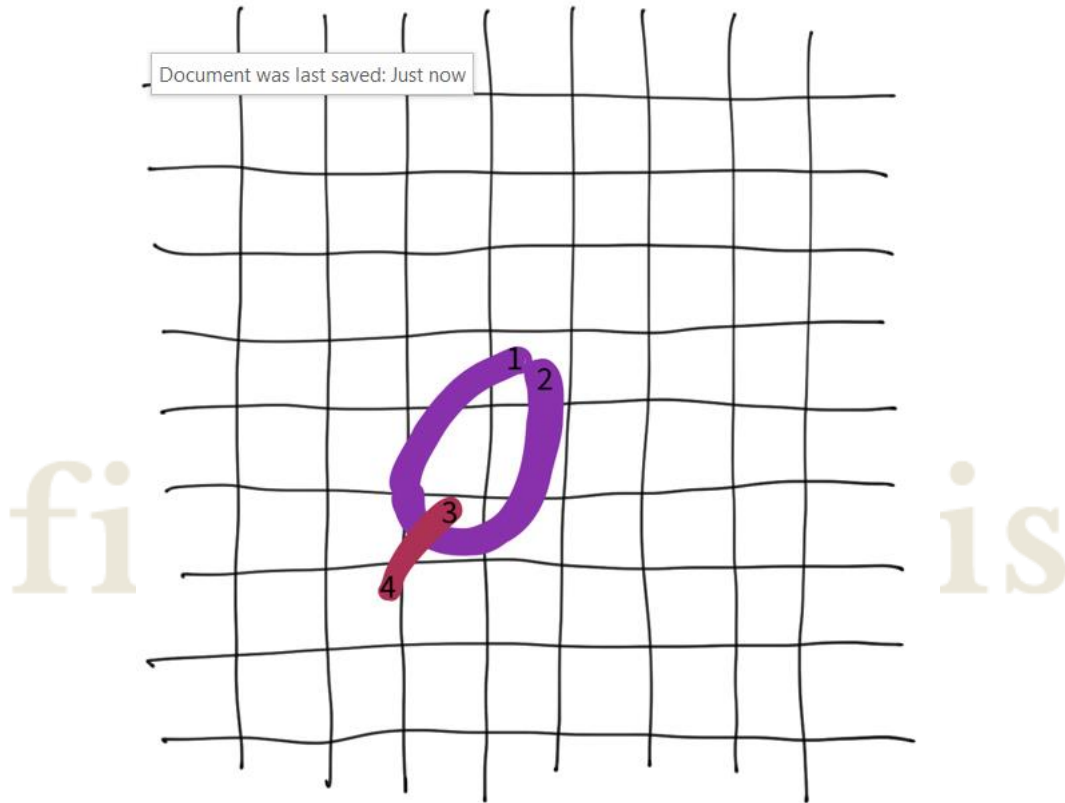


Diagram: Single Chain Stitch

Step 6: Fill in with French knots (not depicted)