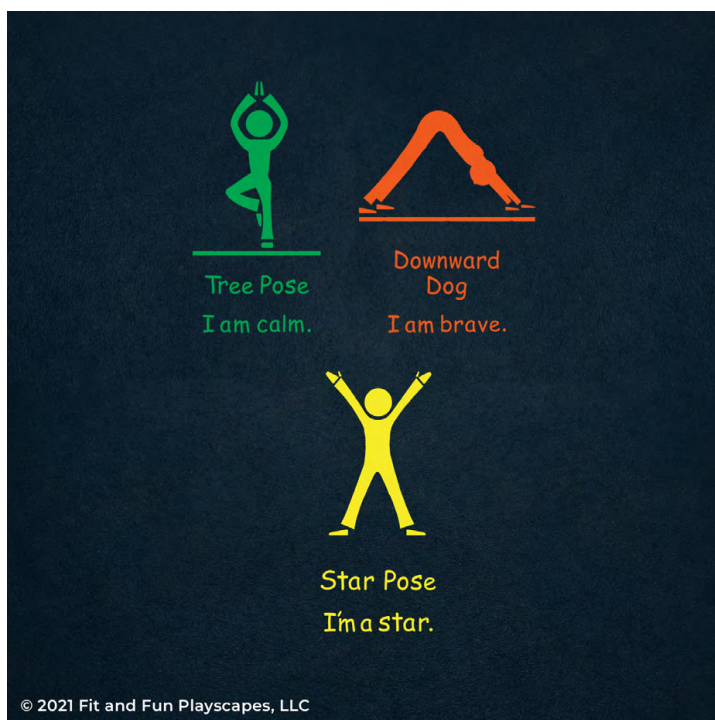




# **ST 5518 WELLNESS STATIONS**

## **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](http://WWW.FITANDFUNPLAYSCAPES.COM)**

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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 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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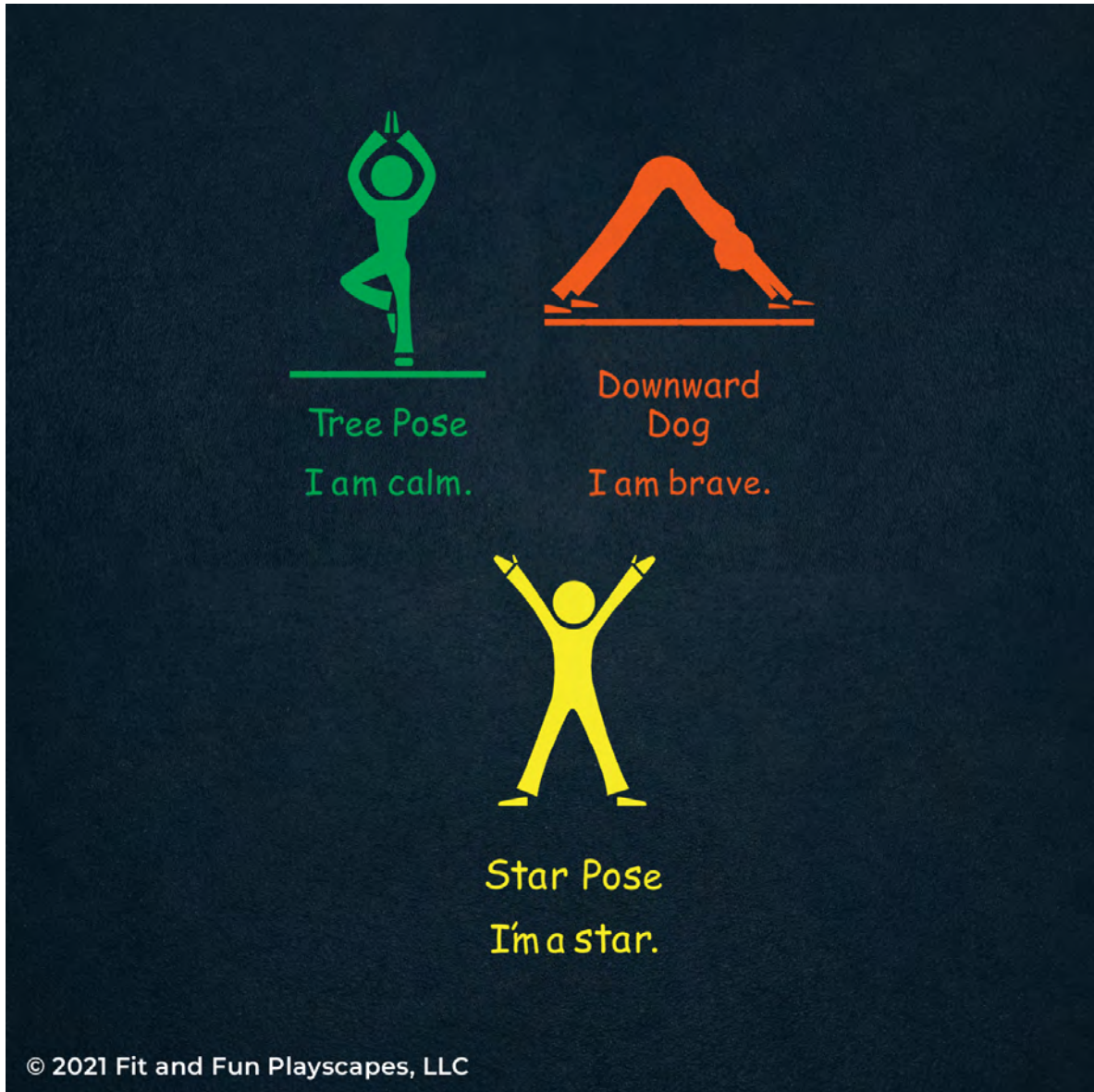


# CONGRATULATIONS!!!

## 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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