



AROHA KNITS
TRANSFORM YOUR YARN

TE MANAWAKURA SHAWL



ASYMMETRICAL TRIANGULAR SHAWL WITH LACE,
CABLE AND BOBBLE STITCHES.





PATTERN INFORMATION



YARN

- 920 - 1060 yd./840 - 970 m
- Fingering/4-ply yarn
- Imogene Big Bad Yarn Soft Mérimosdes îles Malouines (100% Merino; 437 yd./ 400 m; 100 g)
- 3 Skeins in "Meet Francoise"
- Merino yarn is elastic yet sturdy. When wet, it blooms out nicely and holds its shape after blocking.



NEEDLES

- US 5 (3.75 mm) or size to obtain gauge, 36-in./90 cm circular needle
- A long circular needle is recommended in order to accommodate the large number of stitches as the shawl grows.



GAUGE

- 24 sts and 48 rows = 4 in./10 cm in Garter Stitch with needle size and after blocking.
- One repeat of the Fibre Muse Lace pattern equals 2 in./5 cm by 2.5 in/6.25 cm.
- Gauge is not crucial to this project, but varying gauges will affect yardage and final measurements.



NOTIONS

- Stitch markers
- Darning/tapestry needle



Te Manawakura Shawl (Te reo Maori for The Muse) is an asymmetrical triangular shawl with alternating bands of garter stitch and lace. The lace bands are textured with cables that form large floral motifs. Bobbles between blooms are like buds just waiting to flourish.

I believe that there is a Fibre Muse in all knitters; a Fibre Muse is anyone who uses fibre to fulfill a personal desire or goal. We all knit for different reasons, so I have identified four types of Fibre Muse. The Mystic knits as a form of self-care; the Dreamer, self-expression; the Seeker, self-discovery; and the Giver, selflessness. With four such diverse muses, how can one shawl be perfect for every knitter?

Are you a Mystic who uses knitting as a form of meditation? The garter sections are ideal for mindful reflection. Are you a Dreamer who loves that her beautiful knitwear lets her stand out from the crowd? The bands of cabled lace will impress your friends and strangers alike. Are you a Seeker who is always learning about herself? Then the combination of techniques in this shawl will make your heart sing. Or are you a Giver, always thinking of other people before yourself? Any friend would be touched to receive this lovely shawl as a gift.

Whichever Fibre Muse thrives in you, this shawl was designed with you in mind.



BEFORE YOU CAST ON

Please take a moment to give the entire pattern a read-through to understand the layout and flow of the instructions. Written and charted instructions of the stitches used in the pattern are found on pages 8-9.

ABBREVIATIONS

BO: bind off	purlwise: as if to purl
cm: centimeters	rep(s): repeat(s)
cn: cable needle	RS: right side
CO: cast on	sl: slip purlwise with yarn in back
dec: decrease	sl wyif: slip purlwise with yarn in front
fol: following	ssk: left leaning dec; slip next 2 stitches one at a time as if to knit, return to left needle and knit 2 together through back loops
k: knit	st(s): stitch(es)
k2tog: right leaning dec; knit 2 together	tbl: through back loop(s)
kb: knit 1 in the row below	tog: together
kfb: 1 st increase: knit 1 front and back	WS: wrong side
kfbf: 2 st increase: knit 1 front, back and front	wyib: with yarn in back
knitwise: as if to knit	wyif: with yarn in front
m: marker	yo: yarn over
Mb: make bobble (see instructions below on how to do this stitch).	3/3 LC: slip 3 stitches onto a cable needle and hold in front, k3, then k3 from cable needle.
p: purl	
p2tog: right leaning dec; purl 2 together	
pfb: purl 1 front and back	

CONSTRUCTION NOTES

Asymmetrical triangular shawls increase by one stitch every RS row. The combination of the decrease and increase on the WS rows allows it to curve to the right.

RESOURCES

CABLE STITCHES WITHOUT USING A CABLE NEEDLE

With right needle in back of left needle go into the 4th, 5th and 6th stitches, drop the 1st, 2nd and 3rd stitches off the left needle (to the front) and transfer the 4th, 5th and 6th stitches to the right needle, pick up the dropped stitches with the left needle, return the 3 stitches from the right needle to the left needle and k3, k3.

MAKING A BOBBLE

- 1) Lift up the bar in between the stitches and place onto left needle (1 st).
 - 2) Kfbf into this lifted st, turn (3 sts).
 - 3) P1, [p1, yo, p1] in next st, p1, turn (5 sts).
 - 4) K5, turn.
 - 5) P2tog, p1, p2tog, turn (3 sts).
 - 6) Slip the next 2 sts together knitwise, k1, p2sso (1 st).
- You will have increased by 1 st. On the next row, k2tog the bobble stitch with the st after it.

PATTERN

SECTION ONE

Using the Long Tail Cast-On, CO 5 sts. Work Garter Stitch Rows [1-2] until you have 101 sts on the needle after finishing a WS row. You will work a total of 192 rows in this section and have 96 purl ridges. Note: place a stitch marker on the front side of the shawl to make it easier to identify which side you are on, as garter stitch looks the same on both sides.

SECTION TWO

- Work Fibre Muse Lace A Rows [1-26] once (114 sts). *DO NOT WORK ROWS 27 AND 28.*
- Work Garter Stitch Rows [1-2] 8 times (16 rows; 122 sts).
- Work Fibre Muse Lace B Rows [1-26] once (135 sts). *TAKE NOTE OF THE STITCH REPEAT CHANGE ON ROW 14.*
- Work Garter Stitch Rows [1-2] 8 times (16 rows; 143 sts).
- Work Fibre Muse Lace A Rows [1-26] once (156 sts). *DO NOT WORK ROWS 27 AND 28.*
- Work Garter Stitch Rows [1-2] 15 times (30 rows; 171 sts).

SECTION THREE

- Work Fibre Muse Lace A Rows [1-28] twice (56 rows; 198 sts).
- Work Fibre Muse Lace A Rows [1-26] once (212 sts). *DO NOT WORK ROWS 27 AND 28.*
- Work Garter Stitch Rows [1-2] 15 times (30 rows; 227 sts).

FINISHING

Bind-Off: K2, pass first st over second, *k1, pass first st over second; repeat from * to end. Once complete, drop and cut yarn, leaving a 6-in./15 cm tail. Weave in ends.



STITCH PATTERNS

GARTER STITCH

Row 1 (RS): Sl1, kfb, k until end.

Row 2 (WS): Sl1, k2tog, k until last 2 sts, kfb, k1.

FIBRE MUSE LACE A (14 sts + 17)

Row 1 (RS): Sl1, kfb, *p1, k1, yo, ssk, p6, k2tog, yo, k1, p1; work from * until last 15 sts, p1, k1, yo, ssk, p6, k2tog, yo, k3.

Row 2 (WS): Sl1 wyif, p2tog, p2, k6, p3, k1, *k1, p3, k6, p3, k1; work from * until last 3 sts, k1, pfb, p1.

Row 3: Sl1, kfb, k1, p1, *p1, k2, yo, ssk, p4, k2tog, yo, k2, p1; work from * until last 14 sts, p1, k2, yo, ssk, p4, k2tog, yo, k3.

Row 4: Sl1 wyif, p2tog, p2, k4, p4, k1, *k1, p4, k4, p4, k1; work from * until last 5 sts, k1, p2, pfb, p1.

Row 5: Sl1, kfb, k3, p1, *p1, k3, yo, ssk, p2, k2tog, yo, k3, p1; work from * until last 13 sts, p1, k3, yo, ssk, p2, k2tog, yo, k3.

Row 6: Sl1 wyif, p2tog, p2, k2, p5, k1, *k1, p5, k2, p5, k1; work from * until last 7 sts, k1, p4, pfb, p1.

Row 7: Sl1, kfb, k3, k2tog, yo, p1, *p1, yo, ssk, k3, p2, k3, k2tog, yo, p1; work from * until last 12 sts, p1, yo, ssk, k3, p2, k4.

Row 8: Sl1 wyif, p2tog, p1, k2, p4, k2, *(k2, p4) x 2, k2; work from * until last 9 sts, k2, p4, k1, pfb, p1.

Row 9: Sl1, kfb, p2, k2, k2tog, yo, p2, *p2, yo, ssk, k2, p2, k2, k2tog, yo, p2; work from * until last 11 sts, p2, yo, ssk, k2, p2, k3.

Row 10: Sl1 wyif, p2tog, k2, p3, k3, *k3, p3, k2, p3, k3; work from * until last 11 sts, k3, p3, k2, p1, pfb, p1.

Row 11: Sl1, kfb, k2, p2, k1, k2tog, yo, p3, *p3, yo, ssk, k1, p2, k1, k2tog, yo, p3; work from * until last 10 sts, p3, yo, ssk, k1, p2, k2.

Row 12: Sl1 wyif, k2tog, k1, p2, k4, *k4, p2, k2, p2, k4; work from * until last 13 sts, k4, p2, k2, p2, k1, pfb, p1.

Row 13: Sl1, kfb, p2, 3/3 LC, p4, mb, *p4, 3/3 LC, p4, mb; work from * until last 9 sts, p4, k5.

Row 14: Sl1 wyif, p2tog, p2, k4, *k2tog, k3, p2, k2, p2, k4; work from * until last 16 sts, k2tog, k3, p2, k2, p2, k3, pfb, p1.

Row 15: Sl1, kfb, p3, k2tog, yo, k1, p2, k1, yo, ssk, p3, *p3, k2tog, yo, k1, p2, k1, yo, ssk, p3; work from * until last 8 sts, p3, k2tog, yo, k3.

Row 16: Sl1 wyif, p2tog, p2, k3, *k3, p3, k2, p3, k3; work from * until last 3 sts, k1, pfb, p1.

Row 17: Sl1, kfb, p4, k2tog, yo, k2, p2, k2, yo, ssk, p2, *p2, k2tog, yo, k2, p2, k2, yo, ssk, p2; work from * until last 7 sts, p2, k2tog, yo, k3.

Row 18: Sl wyif, p2tog, p2, k2, *(k2, p4) x 2, k2 ; rep from * until 5 sts from end, k2, p1, pfb, p1.

Row 19: Sl1, kfb, k1, yo, ssk, p2, k2tog, yo, k3, p2, k3, yo, ssk, p1, *p1, k2tog, yo, k3, p2, k3, yo, ssk, p1; work from * until last 6 sts, p1, k2tog, yo, k3.

Row 20: Sl1 wyif, p2tog, p2, k1, *k1, p5, k2, p5, k1; work from * until last 7 sts, k1, p4, pfb, p1.

Row 21: Sl1, kfb, yo, ssk, k3, p2, k3, k2tog, yo, p2, yo, ssk, k3, p1, *p1, k3, k2tog, yo, p2, yo, ssk, k3, p1; work from * until last 5 sts, p1, k4.

Row 22: Sl1 wyif, p2tog, p1, k1, *k1, p4, k4, p4, k1; work from * until last 9 sts, k1, p4, k2, pfb, p1.

Row 23: Sl1, kfb, p3, yo, ssk, k2, p2, k2, k2tog, yo, p4, yo, ssk, k2, p1, *p1, k2, k2tog, yo, p4, yo, ssk, k2, p1; work from * until last 4 sts, p1, k3.

Row 24: Sl1 wyif, p2tog, k1, *k1, p3, k6, p3, k1; work from * until last 11 sts, k1, p3, k5, pfb, p1.

Row 25: Sl1, kfb, p6, yo, ssk, k1, p2, k1, k2tog, yo, p6, yo, ssk, k1, p1, *p1, k1, k2tog, yo, p6, yo, ssk, k1, p1; work from * until last 3 sts, p1, k2.

Row 26: Sl1 wyif, k2tog, *k1, p2, k8, p2, k1; work from * until last 13 sts, k1, p2, k8, pfb, p1.

Do not work these two rows during section 1 and on the last repeat of section 3.

Row 27: Sl, kfb, k1, p4, mb, p4, 3/3 LC, p4, mb, p4, *3/3 LC, p4, mb, p4 ; rep from * until 5 sts from end, k5.

Row 28: Sl wyif, p2tog, p2, *k4, k2tog, k3, p2, k2, p2 ; rep from * until 13 sts from end, k4, k2tog, k3, p2, pfb, p1.

STITCH PATTERNS

FIBRE MUSE LACE B (14 sts + 10)

Row 1 (RS): Sl1, kfb, *p1, k1, yo, ssk, p6, k2tog, yo, k1, p1; work from * until last 8 sts, p1, k1, yo, ssk, k4.

Row 2 (WS): Sl1 wyif, p2tog, p4, k1, *k1, p3, k6, p3, k1; work from * until last 3 sts, k1, pfb, p1.

Row 3: Sl1, kfb, k1, p1, *p1, k2, yo, ssk, p4, k2tog, yo, k2, p1; work from * until last 7 sts, p1, k2, yo, ssk, k2.

Row 4: Sl1 wyif, p2tog, p3, k1, *k1, p4, k4, p4, k1; work from * until last 5 sts, k1, p2, pfb, p1.

Row 5: Sl1, kfb, k3, p1, *p1, k3, yo, ssk, p2, k2tog, yo, k3, p1; work from * until last 6 sts, p1, k5.

Row 6: Sl1 wyif, p2tog, p2, k1, *k1, p5, k2, p5, k1; work from * until last 7 sts, k1, p4, pfb, p1.

Row 7: Sl1, kfb, k3, k2tog, yo, p1, *p1, yo, ssk, k3, p2, k3, k2tog, yo, p1; work from * until last 5 sts, p1, yo, ssk, k2.

Row 8: Sl1 wyif, p2tog, k2, *(k2, p4) x 2, k2; work from * until last 9 sts, k2, p4, k1, pfb, p1.

Row 9: Sl1, kfb, p2, k2, k2tog, yo, p2, *p2, yo, ssk, k2, p2, k2, k2tog, yo, p2; work from * until last 4 sts, p2, k2.

Row 10: Sl1 wyif, k2tog, k1, *k3, p3, k2, p3, k3; work from * until last 11 sts, k3, p3, k2, p1, pfb, p1.

Row 11: Sl1, kfb, k2, p2, k1, k2tog, yo, p3, *p3, yo, ssk, k1, p2, k1, k2tog, yo, p3; work from * until last 3 sts, p1, k2.

Row 12: Sl1 wyif, k2tog, *k4, p2, k2, p2, k4; work from * until last 13 sts, k4, p2, k2, p2, k1, pfb, p1.

Row 13: Sl1, kfb, p2, 3/3 LC, p4, *mb, p4, 3/3 LC, p4; work from * until last 2 sts, k2.

Row 14: Sl1 wyif, k2tog, k3, p2, k1, *k1, p2, k4, k2tog, k3, p2, k1; work from * until last 8 sts, k1, p2, k3, pfb, p1.

Row 15: Sl1, kfb, p3, k2tog, yo, k1, p1, *p1, k1, yo, ssk, p6, k2tog, yo, k1, p1; work from * until last 8 sts, p1, k1, yo, ssk, p2, k2.

Row 16: Sl1 wyif, k2tog, k1, p3, k1, *k1, p3, k6, p3, k1; work from * until last 10 sts, k1, p3, k4, pfb, p1.

Row 17: Sl1, kfb, p4, k2tog, yo, k2, p1, *p1, k2, yo, ssk, p4, k2tog, yo, k2, p1; work from * until last 7 sts, p1, k2, yo, ssk, k2.

Row 18: Sl1 wyif, p2tog, p3, k1, *k1, p4, k4, p4, k1 ; rep from * until 12 sts from end, k1, p4, k4, p1, pfb, p1.

Row 19: Sl1, kfb, k1, yo, ssk, p2, k2tog, yo, k3, p1, *p1, k3, yo, ssk, p2, k2tog, yo, k3, p1; work from * until last 6 sts, p1, k5.

Row 20: Sl1 wyif, p2tog, p2, k1, *k1, p5, k2, p5, k1; work from * until last 14 sts, k1, p5, k2, p4, pfb, p1.

Row 21: Sl1, kfb, yo, ssk, k3, p2, k3, k2tog, yo, p1, *p1, yo, ssk, k3, p2, k3, k2tog, yo, p1; work from * until last 5 sts, p1, yo, ssk, k2.

Row 22: Sl1 wyif, k2tog, k2, *(k2, p4) x 2, k2; work from * until last 2 sts, pfb, p1.

Row 23: Sl1, kfb, p3, yo, ssk, k2, p2, k2, k2tog, yo, p2, *p2, yo, ssk, k2, p2, k2, k2tog, yo, p2; work from * until last 4 sts, p2, k2.

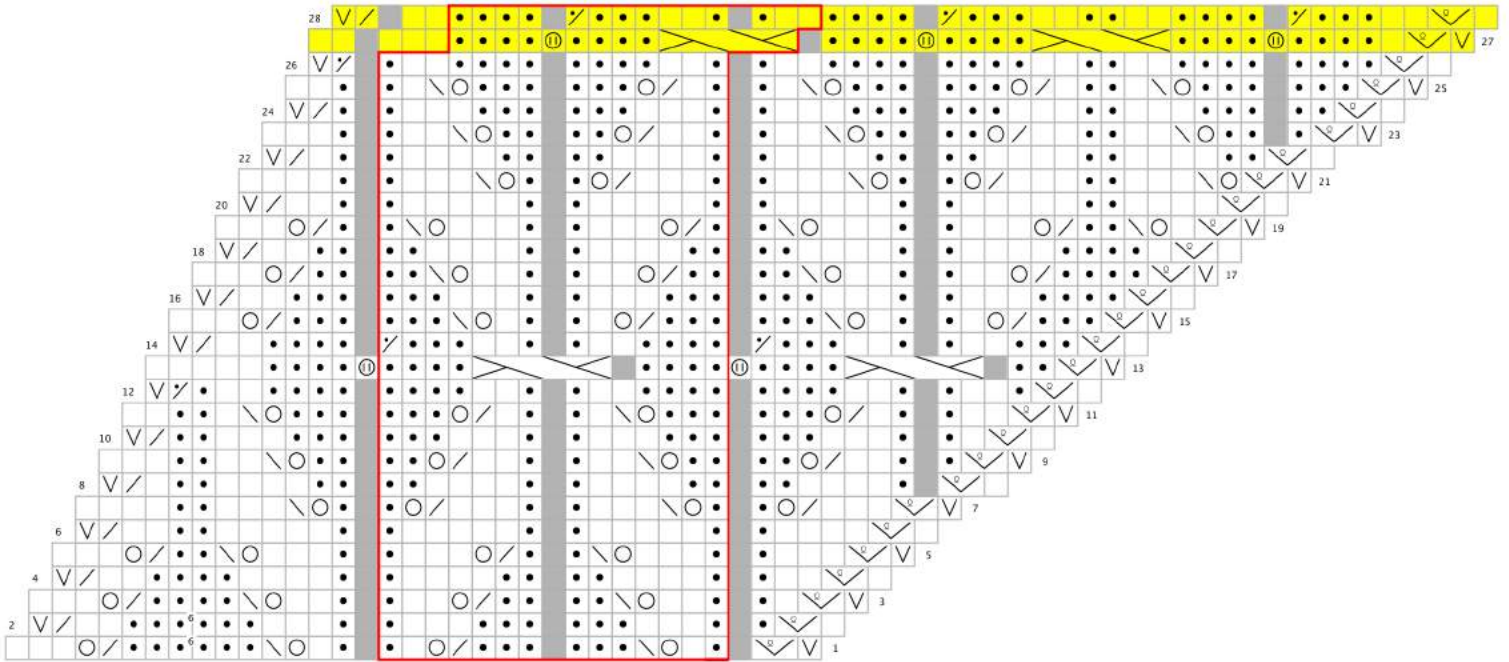
Row 24: Sl1 wyif, k2tog, k1, *k3, p3, k2, p3, k3; work from * until last 4 sts, k2, pfb, p1.

Row 25: Sl1, kfb, p6, yo, ssk, k1, p2, k1, k2tog, yo, p3, *p3, yo, ssk, k1, p2, k1, k2tog, yo, p3; work from * until last 3 sts, p1, k2.

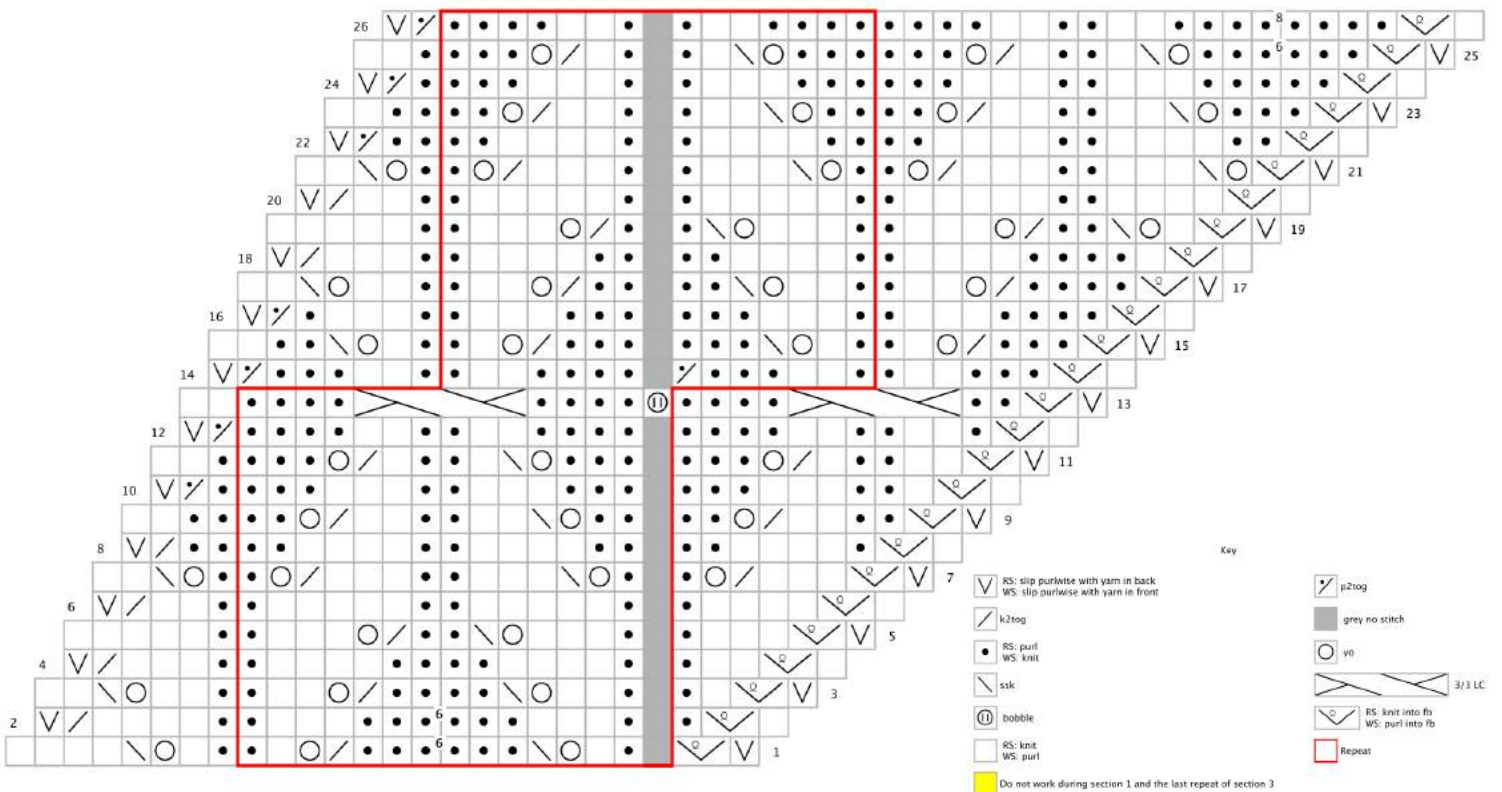
Row 26: Sl1 wyif, k2tog, *k4, p2, k2, p2, k4; work from * until last 6 sts, k4, pfb, p1.

CHARTS

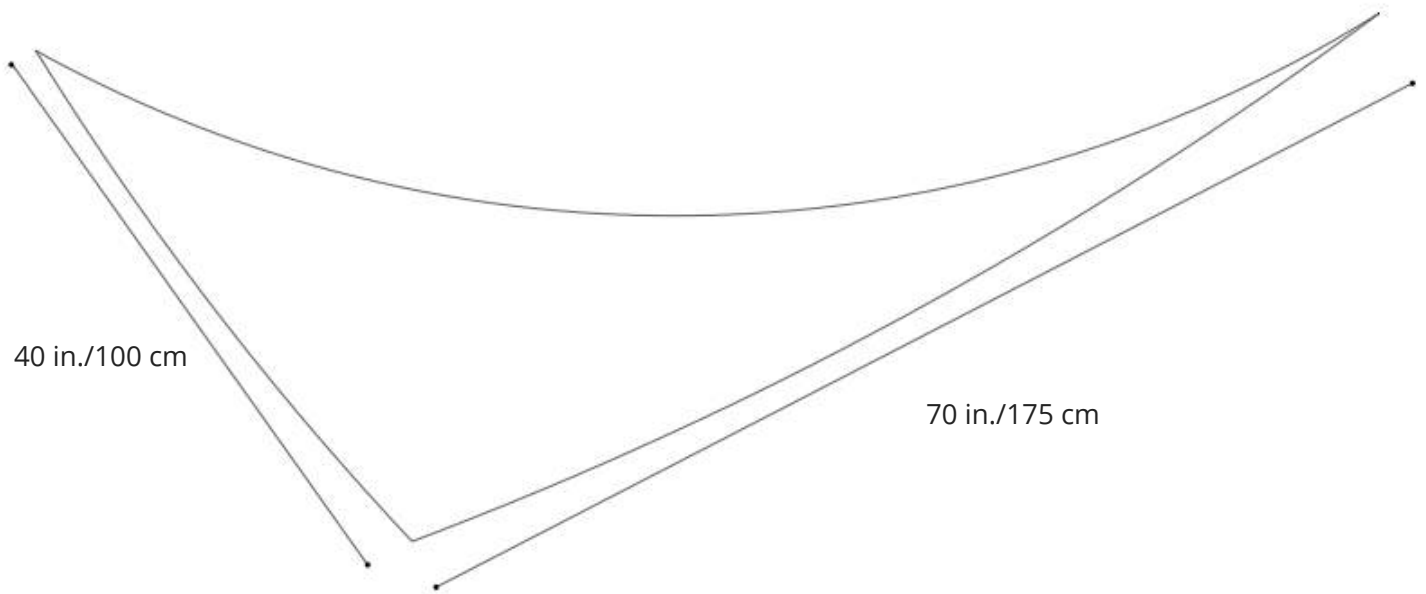
FIBRE MUSE LACE A (14 sts + 17)



FIBRE MUSE LACE B (14 sts + 10)



SCHEMATIC



BLOCKING: Fill a sink with lukewarm water (and if you have any, add a small amount of wool wash). Submerge finished project in water, gently squeezing out any air bubbles from fabric.

Soak work for 10 to 15 minutes or until fully saturated. Squeeze out excess water - do not wring or twist fabric.

Place your wet fabric between two large towels and stomp on towel roll. This will aid in removing extra moisture. Your fabric should feel damp but not saturated. Using T-pins or blocking wires, block the finished shawl to schematic measurements. Allow to air dry completely before unpinning.

STITCH COUNT TABLES

If you like tracking your progress and stitch count row by row after having worked the set-up row, follow the table below.

Row Count	Stitch Count (after working row)	Stitch Pattern	Percentage of Pattern Completed
1	6	Garter Stitch	
3	7		
5	8		
7	9		
9	10		
11	11		
13	12		
15	13		
17	14		
19	15		
21	16		
23	17		
25	18		
27	19		
29	20		
31	21		
33	22		
35	23		
37	24		
39	25		
41	26		
43	27		
45	28		
47	29		
49	30		
51	31		
53	32		
55	33		
57	34		

59	35		
61	36		
63	37		
65	38		
67	39		
69	40		
71	41		
73	42		
75	43		
77	44		
79	45		
81	46		
83	47		
85	48		
87	49		
89	50		
91	51		
93	52		
95	53		
97	54		
99	55		
101	56		
103	57		
105	58		
107	59		
109	60		
111	61		
113	62		
115	63		
117	64		
119	65		
121	66		
123	67		
125	68		

127	69		
129	70		
131	71		10%
133	72		
135	73		
137	74		
139	75		
141	76		
143	77		
145	78		
147	79		
149	80		
151	81		
153	82		
155	83		
157	84		
159	85		
161	86		
163	87		
165	88		
167	89		
169	90		
171	91		
173	92		
175	93		
177	94		
179	95		
181	96		
183	97		
185	98		
187	99		
189	100		
191	101		
1	102	Fibre Muse Lace A	

3	103		
5	104		
7	105		
9	106		
11	107		
13	108	<i>Note: this does not include the extra stitches created by the bobbles.</i>	
15	109		
17	110		
19	111		
21	112		
23	113		25%
25	114		
1	115	Garter Stitch	
3	116		
5	117		
7	118		
9	119		
11	120		
13	121		
15	122		
1	123	Fibre Muse Lace B	
3	124		
5	125		
7	126		
9	127		
11	128		
13	129	<i>Note: this does not include the extra stitches created by the bobbles.</i>	
15	130		
17	131		
19	132		
21	133		

23	134		
25	135		
1	136	Garter Stitch	
3	137		
5	138		
7	139		
9	140		
11	141		
13	142		
15	143		
1	144	Fibre Muse Lace A	
3	145		
5	146		
7	147		
9	148		
11	149		
13	150	<i>Note: this does not include the extra stitches created by the bobbles.</i>	
15	151		
17	152		
19	153		
21	154		
23	155		
25	156		
1	157	Garter Stitch	
3	158		
5	159		
7	160		
9	161		50%
11	162		
13	163		
15	164		
17	165		
19	166		

21	167		
23	168		
25	169		
27	170		
29	171		
1	172	Fibre Muse Lace A	
3	173		
5	174		
7	175		
9	176		
11	177		
13	178	<i>Note: this does not include the extra stitches created by the bobbles.</i>	
15	179		
17	180		
19	181		
21	182		
23	183		
25	184		
27	185		
1	186	Fibre Muse Lace A: Note: this does not include the extra stitches created by the bobbles.	
3	187		
5	188		
7	189		
9	190		
11	191		
13	192	<i>Note: this does not include the extra stitches created by the bobbles.</i>	
15	193		
17	194		
19	195		
21	196		

23	197		75%
25	198		
27	199		
1	200	Fibre Muse Lace A: Note: this does not include the extra stitches created by the bobbles.	
3	201		
5	202		
7	203		
9	204		
11	205		
13	206	<i>Note: this does not include the extra stitches created by the bobbles.</i>	
15	207		
17	208		
19	209		
21	210		
23	211		
25	212		
1	213	Garter Stitch	
3	214		
5	215		90%
7	216		
9	217		
11	218		
13	219		
15	220		
17	221		
19	222		
21	223		
23	224		
25	225		
27	226		
29	227		100%

ABOUT THE DESIGNER



Kia ora! My name is Françoise, aka Frenchie. I'm the face behind Aroha Knits, as knitwear designer and design coach, where I empower fibre artists to transform their yarn so they can be inspired to manifest more joy, healing, connection and creativity, one stitch at a time.

My knitwear designs focus on amplifying one of the four aspects of making, through my Fibre Muse archetype framework: self-care, self-discovery, self-expression and selflessness, with my personal touch of incorporating my multicultural heritage into the designs.

I'm on a mission to start a movement. I believe that our art and work as knitters can make a difference. More than ever, this craft, which forces us to slow down and breathe for just a moment, is needed in our society of instant gratification and go-go-go. I'm passionate about creating meaningful and fulfilling work, shaking up the industry and fibre community, and serving as a catalyst for transformative impact.

Through intentional creation, we are capable of transformative impact.

Knitting is magical and powerful. And I'm here to show you how your passion for knitting can make a difference in your life and the lives of others, through my own fibre journey of reconnecting to my cultural heritage through knitting.

Why do you knit? Begin your journey of discovering your story of why you create by taking the Fibre Muse Discovery Quiz: www.arohaknits.com/discovery-test

PATTERNS

Do not distribute, copy or resell the pattern. If you wish to teach a class using an Aroha Knits pattern, please purchase a copy per student. If you wish to sell the pattern as a yarn kit, please contact me.

FINISHED OBJECTS

Once you have purchased the pattern, legally, you are allowed to do whatever you like with the finished object, despite it being copyrighted to me, Françoise Danoy and Aroha Knits.

Thus, you do not need my permission to do the following:

- Donate the FOs to charity, fundraiser or donation
- Knitting as many as you want for personal use (this includes giving to friends and family)
- Selling limited amounts of FOs to close friends and family

If you wish to sell your FOs on your Etsy site, online store or on-site store, I have no (legal) power to prevent you from doing so, I only ask for credit for the design in the product description.



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