

THE FIBRE MUSE

# EXHALE

DESIGNED BY FRANCOISE DANOY



*We all know the satisfaction of a deep cleansing breath. They don't call it a "sigh of relief" for nothing... But when we are mindful of our breathing—when we focus on slowly inhaling and exhaling—we become aware of our bodies and let go of all the tension we've been holding onto.*



# ABOUT

*We all know the satisfaction of a deep cleansing breath. They don't call it a "sigh of relief" for nothing. When we feel stressed, we tend to take shallow breaths; we sometimes even hold our breath without realizing it. But when we are mindful of our breathing—when we focus on slowly inhaling and exhaling—we become aware of our bodies and let go of all the tension we've been holding onto.*

*Exhale is a long triangular shawl with an allover pattern of lace ringlets to remind you to be conscious of your breathing. The deep border is knit in garter stitch to allow for some soulful contemplation. Finally, meditate on a positive thought as you work each picot of the bind-off.*

## YARN

- 600 - 870 yd./548 - 795 m
- Fingering/4-ply
- Round Table Yarns Camelot (80% Merino, 10% Cashmere, 10% Nylon; 100 g; 435 yd./398 m).
- 2 skeins in Yvain.
- If you are a loose knitter or don't often swatch for gauge, it is recommended to get a third skein of yarn or plan on binding off early.
- A merino, cashmere, and nylon blend is a good overall yarn. It's a strong, soft, and springy yarn that has good memory and doesn't pill or fuzz.

## NEEDLES

- US 5 (3.75 mm) 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

- 20 sts and 32 rows = 4 in./10 cm in lace stitch pattern with US 5 (3.75 mm) after blocking.

- Gauge is not crucial to this project, but varying gauges will affect yardage and final measurements.

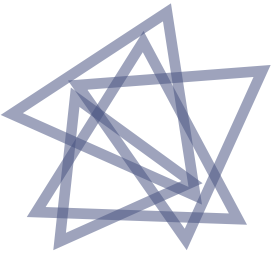
## NOTIONS

- Stitch markers
- Darning/tapestry needle

## SIZES

- One size but can be easily adjusted to make smaller or larger - through the body or border.
- Wingspan: 56 in./142 cm; BO edge: 41 in./104 cm





## BEFORE YOU CAST ON:

### ABBREVIATIONS:

**BO:** bind off

**CO:** cast on

**inc'd:** increased

**inc(s):** increase(s); increasing

**k:** knit

**k2tog:** right leaning dec; knit 2 together

**kfb:** knit 1 front and back

**knitwise:** as if to knit

**m:** marker

**p:** purl

**pm:** place marker

**rep:** repeat

**RS:** right side

**sm:** slip marker

**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

**st(s):** stitch; stitches

**WS:** wrong side

**yo:** yarn over

*Please take a moment to give the entire pattern a read-through to understand the layout and flow of the instructions.*

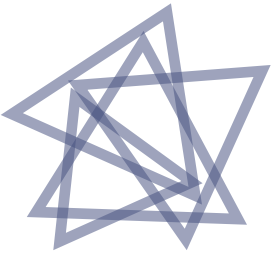
### CONSTRUCTION:

This shawl is knit from CO tip to BO edge, there are no decrease sections. It increases by one st every RS row. Note that the lace pattern is worked on both RS and WS rows.

### RESOURCES:

Picot BO: <https://vimeo.com/149093895>





## PATTERN INSTRUCTIONS:

CO 7 sts using the Long Tail Cast-On. Work *EXHALE PATTERN SET-UP* Rows [1-24] (24 rows total; 19 total sts on the needle).

### **BODY:**

Work *EXHALE PATTERN BODY* Rows [1-16] 25 times (400 rows total; 219 total sts on the needle). If you wish to make the shawl smaller or larger, work fewer or more repeats of the *EXHALE PATTERN BODY*.

### **BORDER:**

Work *GARTER STITCH* Rows [1-2] for 5 in./13 cm, ending on a WS row. At this point, you may remove the first marker leaving only the second one on the needles to help mark the kfb stitch.

### **FINISHING:**

BO using the **Picot BO**: CO 3 sts using the cable cast-on method and bind off 9 sts. Slip the one st on the right needle back onto the left and repeat from cast-on. Continue until all sts have been bound off. Clip yarn and pull tail through rem st.

Weave in ends and block to measurements.

## STITCH PATTERNS:

### **EXHALE PATTERN SET-UP**

**Row 1 (RS):** K1, kfb, k5.

**Row 2 (WS):** K all sts.

**Row 3:** K2, kfb, k5.

**Row 4:** K all sts.

**Row 5:** K3, kfb, k5.

**Row 6:** K all sts.

**Row 7:** K4, kfb, k5.

**Row 8:** K all sts.

**Row 9:** K6, yo, k5.

**Row 10:** K5, pm, p2, pm, k5.

**Row 11:** K5, sm, k2 yo, sm, k5.

**Row 12:** K5, sm, p3, sm, k5.

**Row 13:** K5, sm, k3, yo, sm, k5.



**Row 14:** K5, sm, p4, sm, k5.

**Row 15:** K5, sm, yo, ssk, k2, yo, sm, k5.

**Row 16:** K5, sm, k1, p4, sm, k5.

**Row 17:** K5, sm, k1, yo, ssk, k1, p1, yo, sm, k5.

**Row 18:** K5, sm, p1, k1, p4, k5.

**Row 19:** K5, sm, k2, yo, ssk, p1, k1, yo, sm, k5.

**Row 20:** K5, sm, p2, k1, p4, sm, k5.

**Row 21:** K5, sm, k4, p1, k2, yo, sm, k5.

**Row 22:** K5, sm, p3, k1, p4, sm, k5.

**Row 23:** K5, sm, k1, yo, ssk, k1, p1, k3, yo, sm, k5.

**Row 24:** K5, sm, p4, k1, p4, sm, k5.





### **EXHALE PATTERN BODY** (8 sts + 11)

**Row 1 (RS):** K5, sm, \*p2, k2tog, yo, p1, yo, ssk, p1; rep from \* until 1 st before m, p1, yo, sm, k5.

**Row 2 (WS):** K5, sm, p1, k1, \*[k1, p2] x 2, k2; rep from \* until m, sm, k5.

**Row 3:** K5, sm, \*p1, k2tog, yo, k3, yo, ssk; rep from \* until 2 sts before m, p1, k1, yo, sm, k5.

**Row 4:** K5, sm, p2, k1, \*p7, k1; rep from \* until m, sm, k5.

**Row 5:** K5, sm, \*p1, k7; rep from \* until 3 sts before m, p1, k2, yo, sm, k5.

**Row 6:** K5, sm, p3, k1, \*p7, k1; rep from \* until m, sm, k5.

**Row 7:** K5, sm, \*p1, k1, k2tog, yo, p1, yo, ssk, k1; rep from \* until 4 sts before m, p1, k3, yo, sm, k5.

**Row 8:** K5, sm, k2, p2, k1, \*p2, k3, p2, k1; rep from \* until m, sm, k5.

**Row 9:** K5, sm, \*p1, yo, ssk, p3, k2tog, yo; rep from \* until 5 sts before m, p1, yo, ssk, p2, yo, sm, k5.

**Row 10:** K5, sm, p1, k2, p2, k1, \*p2, k3, p2, k1; rep from \* until m, sm, k5.

**Row 11:** K5, sm, \*k2, yo, ssk, p1, k2tog, yo, k1; rep from \* until 6 sts before m, k2, yo, ssk, p1, k1, yo, sm, k5.

**Row 12:** K5, sm, p2, k1, p4, \*p3, k1, p4; rep from \* until m, sm, k5.

**Row 13:** K5, sm, \*k4, p1, k3; rep from \* until 7 sts before m, k4, p1, k2, yo, sm, k5.

**Row 14:** K5, sm, p3, k1, p4, \*p3, k1, p4; rep from \* until m, sm, k5.

**Row 15:** K5, sm, \*p1, yo, ssk, k1, p1, k1, k2tog, yo; rep from \* until 8 sts before m, p1, yo, ssk, k1, p1, k3, yo, sm, k5.

**Row 16:** K5, sm, k2, p2, k1, p2, k2, \*[k1, p2] x 2, k2; rep from \* until m, sm, k5.

### **GARTER STITCH** (Any number of sts)

**Row 1 (RS):** K until 1 from marker, kfb, k until end.

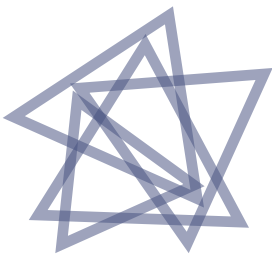
**Row 2 (WS):** K all stitches.

**Row 8:** Yo, p4, \*k1, p2 ; rep from \* until 5 sts from m, p5, yo.

**Row 11:** (K1, yo, k1) in 1 stitch, k1, \*cdd, yo twice ; rep from \* until 3 sts from m, k2, (k1, yo, k1) in 1 stitch.

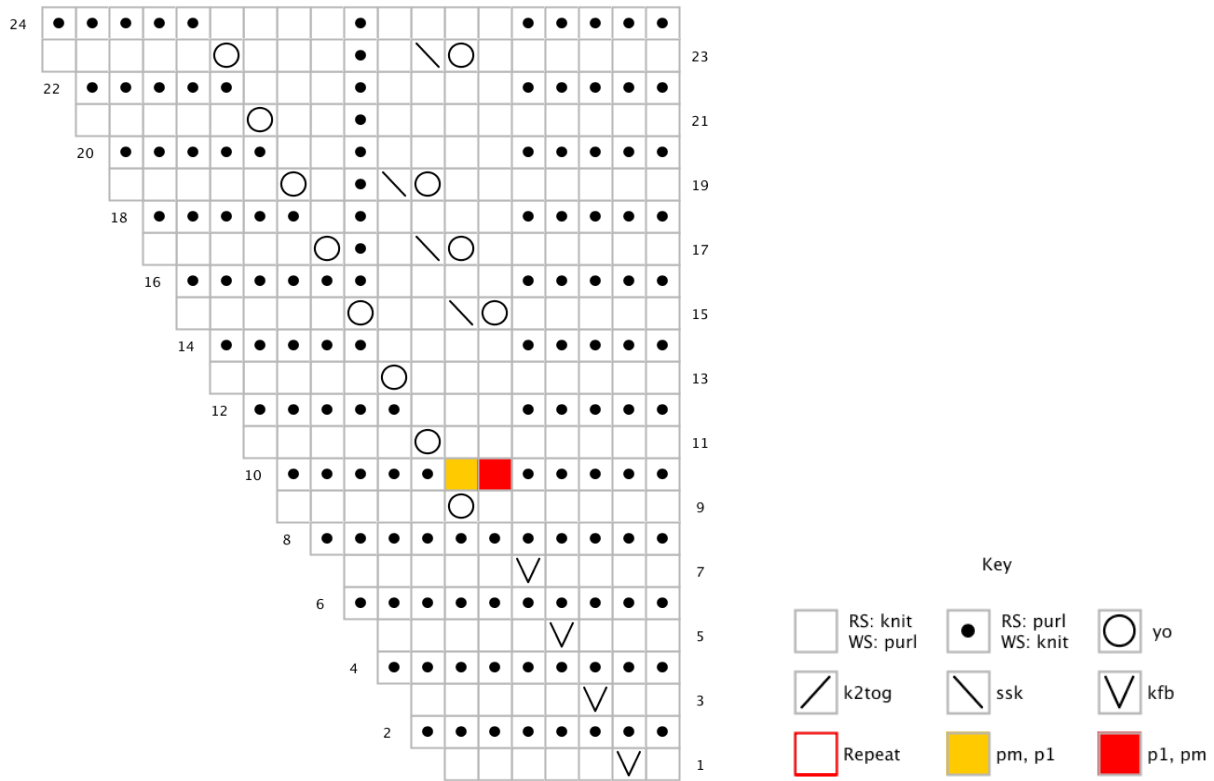
**Row 12:** Yo, p5, \*k1, p2 ; rep from \* until 4 sts from m, p4, yo.





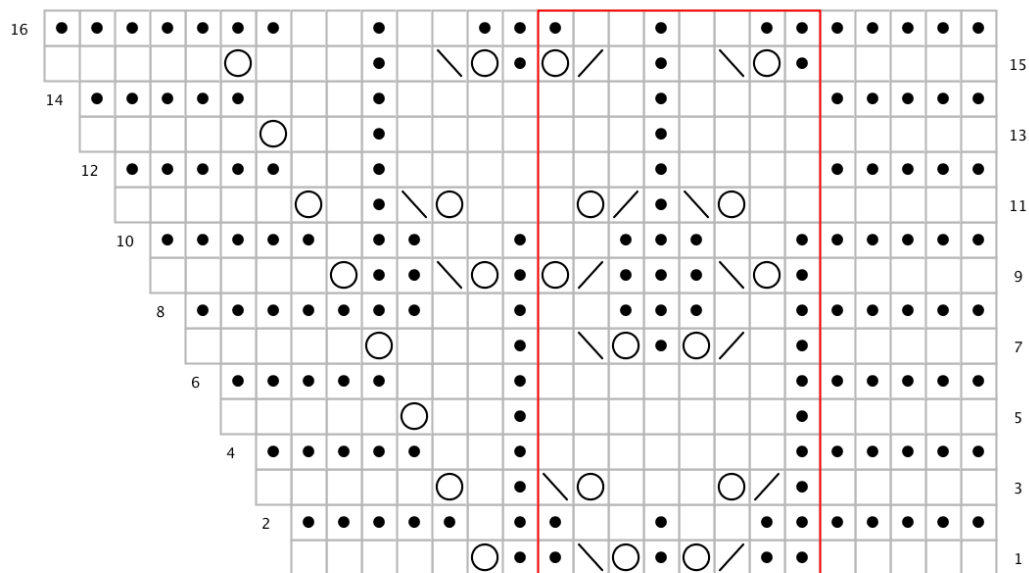
# CHARTS:

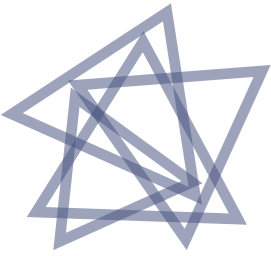
## EXHALE PATTERN SET-UP



### EXHALE PATTERN BODY (8 sts + 11)

**Note:** On RS rows, when you reach the second marker, work the yarn over first, then slip the marker.





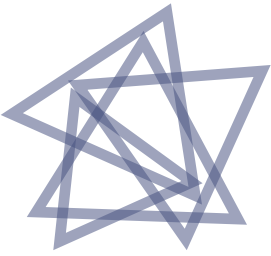
## STITCH COUNT TABLE:

If you like tracking your progress and stitch count round by round, after working the set-up round, follow the table below. Note that the percentage completed column indicates how far you are in the project, not yardage usage.

Section	After Working Row...	Total Stitch Count	Percentage Completed
<i>EXHALE PATTERN SET-UP</i>	1	8	
	3	9	
	5	10	
	7	11	
	9	12	
	11	13	
	13	14	
	15	15	
	17	16	
	19	17	
	21	18	
	23	19	
	<i>EXHALE PATTERN BODY</i>	1	20
3		21	
5		22	
7		23	
9		24	
11		25	
13		26	
15		27	
<i>2nd Rep</i>	1	28	
	3	29	
	5	30	
	7	31	
	9	32	
	11	33	
	13	34	

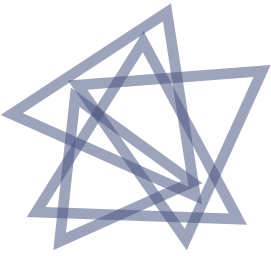






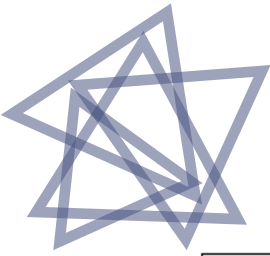
	15	35	
<i>3rd Rep</i>	1	36	
	3	37	
	5	38	
	7	39	
	9	40	
	11	41	
	13	42	
	15	43	
<i>4th Rep</i>	1	44	
	3	45	
	5	46	
	7	47	
	9	48	
	11	49	
	13	50	
	15	51	
<i>5th Rep</i>	1	52	
	3	53	
	5	54	
	7	55	
	9	56	
	11	57	
	13	58	
	15	59	
<i>6th Rep</i>	1	60	
	3	61	
	5	62	
	7	63	
	9	64	
	11	65	





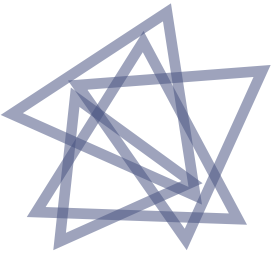
	13	66	
	15	67	
<i>7th Rep</i>	1	68	
	3	69	
	5	70	
	7	71	
	9	72	
	11	73	
	13	74	
	15	75	
<i>8th Rep</i>	1	76	
	3	77	
	5	78	
	7	79	10%
	9	80	
	11	81	
	13	82	
	15	83	
<i>9th Rep</i>	1	84	
	3	85	
	5	86	
	7	87	
	9	88	
	11	89	
	13	90	
	15	91	
<i>10th Rep</i>	1	92	
	3	93	
	5	94	
	7	95	
	9	96	





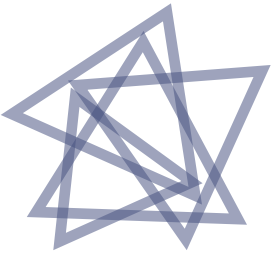
	11	97	
	13	98	
	15	99	
<i>11th Rep</i>	1	100	
	3	101	
	5	102	
	7	103	
	9	104	
	11	105	
	13	106	
	15	107	
<i>12th Rep</i>	1	108	
	3	109	
	5	110	
	7	111	
	9	112	
	11	113	
	13	114	
	15	115	
<i>13th Rep</i>	1	116	
	3	117	
	5	118	
	7	119	
	9	120	
	11	121	
	13	122	
	15	123	25%
<i>14th Rep</i>	1	124	
	3	125	
	5	126	
	7	127	





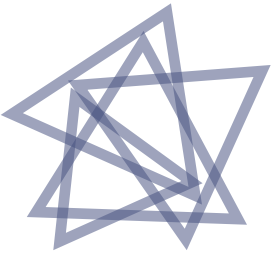
	9	128	
	11	129	
	13	130	
	15	131	
<i>15th Rep</i>	1	132	
	3	133	
	5	134	
	7	135	
	9	136	
	11	137	
	13	138	
	15	139	
<i>16th Rep</i>	1	140	
	3	141	
	5	142	
	7	143	
	9	144	
	11	145	
	13	146	
	15	147	
<i>17th Rep</i>	1	148	
	3	149	
	5	150	
	7	151	
	9	152	
	11	153	
	13	154	
	15	155	
<i>18th Rep</i>	1	156	
	3	157	
	5	158	





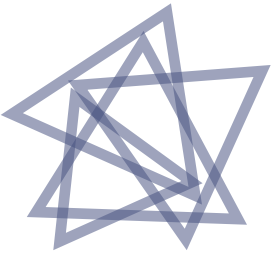
	7	159	
	9	160	
	11	161	
	13	162	
	15	163	
<i>19th Rep</i>	1	164	
	3	165	
	5	166	
	7	167	
	9	168	
	11	169	
	13	170	
	15	171	
<i>20th Rep</i>	1	172	
	3	173	
	5	174	
	7	175	50%
	9	176	
	11	177	
	13	178	
	15	179	
<i>21st Rep</i>	1	180	
	3	181	
	5	182	
	7	183	
	9	184	
	11	185	
	13	186	
	15	187	
<i>22nd Rep</i>	1	188	
	3	189	





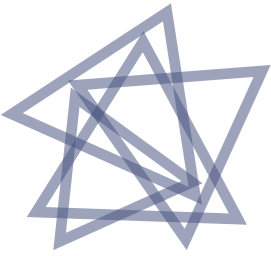
	5	190	
	7	191	
	9	192	
	11	193	
	13	194	
	15	195	
<i>23rd Rep</i>	1	196	
	3	197	
	5	198	
	7	199	
	9	200	
	11	201	
	13	202	
	15	203	
<i>24th Rep</i>	1	204	
	3	205	
	5	206	
	7	207	
	9	208	
	11	209	
	13	210	
	15	211	
<i>25th Rep</i>	1	212	75%
	3	213	
	5	214	
	7	215	
	9	216	
	11	217	
	13	218	
	15	219	
<b>GARTER STITCH</b>	1	220	
	3	221	





	5	222	
	7	223	
	9	224	
	11	225	
	13	226	
	15	227	
	17	228	
	19	229	
	21	230	
	23	231	
	25	232	
	27	233	90%
	29	234	
	31	235	
	33	236	
	35	237	
	37	238	
	39	239	95%
	41	240	
	43	241	
	45	242	
	47	243	
	49	244	
<i>PICOT BO</i>	51	244	100%





## PATTERN SUPPORT:

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Thank you for purchasing this pattern!  
Your support of independent designers  
means a lot to me!



If you have any questions about the pattern, don't hesitate to contact me at [fdanoy@arohaknits.com](mailto:fdanoy@arohaknits.com). I enjoy receiving emails from knitters who express interest in using my patterns one way or another.

I love watching people's progress on Aroha Knits designs!  
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- Using the hashtag **#arohaknitsdesigns** or tag **@arohaknits** on Instagram
- Tagging **@ArohaKnits** on Facebook
- Making a project page on Ravelry

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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

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