

YARN



STEP INSIDE THE ART OF PRACTICE

MONDAY 29 SEPTEMBER – FRIDAY 3 OCTOBER

Full schedule available online:  
[yarnballycastle.com/artists-in-residence](http://yarnballycastle.com/artists-in-residence)

Book sessions online:  
[yarnballycastle.com/whats-on](http://yarnballycastle.com/whats-on)



## Freny Pavri's Residency: Monday 29 September – Friday 3 October

Yarn is delighted to welcome Freny Pavri as our first Artist in Residence.

Freny is a multidisciplinary artist whose work moves fluidly between dance, music, yoga, voice and visual art. Her residency, Practice, transforms the art of practice into a shared experience. Freny invites you not just to witness an artist at work, but to share in the rhythms, repetitions and rituals that shape her craft.

During residency, practice becomes not just an artist's daily discipline, but a living, breathing exchange between people and place.



### Who is Freny Pavri?

Freny grew up in a traditional Zoroastrian home in India, where creativity was deeply woven into everyday life. Her artistic journey began early by studying classical yoga with her mother from the age of nine, performing in educational theatre in tribal communities, and, at fifteen, training intensively in fine art under the late painter Mahendra Kadia. From Kadia, she learned the value of discipline and dedication, principles that now define her practice across dance, movement, the body and music. Drawing from the depth of Indian classical traditions, Freny sees education and research as inseparable from her art. Learning and teaching move together, each informing the other.

### Ways to Take Part

- **Observation:** Drop in to Yarn and watch Freny at work, from dance rehearsals to music practice. No booking required.
- **Free Participation:** Join selected group sessions, including ensemble singing, meditation and discussions. Free, but booking required.
- **Paid Participation:** Take part in structured yoga classes. Booking required.

## PAID CLASSES (BOOKING REQUIRED)

**YOGA**  
09.15-10.30

**MON 29 SEPT  
TUES 30 SEPT  
WED 1 OCT  
FRI 3 OCT**

Freny's yoga draws from a simple, classical style she first learned at home, before formally training at The Yoga Institute in Mumbai and later opening her own teaching practice, Anahat, in 2020. Her approach supports posture, alignment, balance, coordination, mobility, strength, flexibility and agility, using restraint as a guiding principle. It is gentle, open to all, yet powerfully transformative.

## FREE CLASSES (BOOKING REQUIRED)

### GUIDED MEDITATIONS

**MON 29 SEPT 13.00-13.30** **MEDITATION AND THE IMAGINATION**

Learn how to exercise and stretch imagination at an inner workshop where ideas are formed and shaped.

**TUES 30 SEPT 12.30-13.00** **MEDITATION AND CONCENTRATION**

We keep hearing how meditation can help improve our concentration, but how? Let's make it really simple and learn a few meditation exercises that bring your attention into focus. These exercises are from the ancient practices of the yogis of India.

**WED 1 OCT 13.00-13.30** **MEDITATION AND HAPPINESS**

The practice of contentment leads to happiness. Learn about the yogic perspective on happiness and the power of our emotional state. What is the impact of emotions on our bodies and our lives.

**THURS 2 OCT 13.00-13.30** **MEDITATION, THE BODY AND ENERGY**

Find out how the body assists the mind and how it focusses and channels your energy according to your wishes.

**FRI 3 OCT 13.00-13.30** **MEDITATION AND CREATIVE FLOW**

Learn how to encourage a state of creative flow. These practices are useful if you feel stuck and want to find yourself working more effortlessly and feel better connected to your creativity and state of flow.

"This residency is a chance to share not just performance, but the practice behind it - the repetition, the preparation, the parts normally kept out of sight - and to open up a space where performance is redefined as something for ourselves as much as for an audience, and vice versa, when it comes to the art of practice."

- Freny Pavri



## FREE SESSIONS (BOOKING REQUIRED)

### IN CONVERSATION: FRENY PAVRI ON PRATICE & PERFORMANCE

**MON 29 SEPT, 18.00-19.45**

Join us for an evening with Freny Pavri as we discuss her multidisciplinary practice across dance, music, movement and voice. This is a chance to hear more about Freny's process, ask your own questions and connect with the thinking behind her work.

The session will close with a short Bharatanatyam performance, featuring choreography by the Thanjai Nalvar.

### MASTERCLASS: ALL ABOUT FASCIA

**TUES 30TH SEPT, 17.00-18.30**

Learn about fascia: the endless web of connective tissue that surrounds and supports every muscle, bone, nerve, and organ in the body.

By learning how this connective tissue works, we can begin to move more intelligently, improve our balance, and recover more quickly from strain or injury. Fascia awareness also offers new tools for relieving chronic pain and cultivating a healthier relationship with our bodies.

### WHO ARE THE ZOROASTRIANS?

**THURS 2 OCT, 17.00-18.00**

The indigenous people of ancient Persia faced a series of attempts at genocide from the 8th to the 10th century, with persecution continuing in various forms over the centuries. To survive, many Zoroastrians fled across the world, but a particular group travelled by boat to India, bringing with them a sacred fire and their religious practices, preserving this ancient tradition.

Coming from this unique and little-known community, Freny will share songs, chants and histories of the Zoroastrians, offering a rare glimpse into this enduring heritage.

### READING FARIBORZ RAHNAMEON'S TRANSLATION OF THE GATHAS

**THURS 2 OCT, 18.00-18.30**

The Ancient book of Songs composed by Zarthost, or Zoroaster as he is known in the western world, contains timeless wisdom, openness and points to truth and creativity being the heart of the Zoroastrian philosophy. In addition, one is encouraged to question and to be independent. Freny will read some parts of this book and the translation in English.



## OBSERVATION (FREE AND OPEN TO ATTEND, NO BOOKING REQUIRED)

You're welcome to drop in and witness Freny's daily rhythms as it unfolds. Observation is a key part of the residency: a quiet invitation to sit, watch and share space with her practice as it's in process.

### MONDAY 29 SEPTEMBER

#### 10.30-11.30 **DANCE: WHIRLING**

Rooted in Rumi's Persian Sufi heritage, the whirling dervish tradition took form in 13th-century Konya, Turkey. In the Sema ritual, dervishes spin in meditation, symbolising the spiralling cosmos. Freny will demonstrate her practice of whirling.

#### 12.00-13.00 **MUSIC**

Freny will be practising any of the following: Rudra Veena, Sitar, Tanpura, Singing and Spoken Rhythms.

#### 16.00-17.00 **DANCE**

Bharatanatyam warm-up: Freny will share her practice, improvising movements based on this classical Indian dance form.

#### 17.00-17.30 **SHAOLIN QI GONG & KUNG FU**

A restorative movement session rooted in traditional Shaolin arts.

#### 20.00-21.30 **SINGING SESSION**

Freny will end each day at Yarn with a singing workshop: a welcoming, participatory space where everyone is encouraged to join, regardless of experience. You'll discover yogic techniques and ragas that open new, experimental pathways. Come along - whether you think you can sing, or especially if you think you can't - and surprise yourself.

### TUESDAY 30 SEPTEMBER

#### 10.30-11.30 **DANCE: WHIRLING**

Rooted in Rumi's Persian Sufi heritage, the whirling dervish tradition took form in 13th-century Konya, Turkey. In the Sema ritual, dervishes spin in meditation, symbolising the spiralling cosmos. Freny will demonstrate her practice of whirling.

#### 11.30-12.30 **MUSIC**

Freny will be practising any of the following: Rudra Veena, Sitar, Tanpura, Singing and Spoken Rhythms.

#### 13.30-14.30 **DANCE WITH KITAPPA**

Freny trains with Chandrasekharan Kittappa Pillai, the eighth-generation descendant of the Quartet, and will livestream her classes with him directly from the original home of the four brothers during her residency.

#### 16.00-17.00 **SHAOLIN QI GONG & KUNG FU**

A restorative movement session rooted in traditional Shaolin arts.

#### 19.30-21.00 **SINGING SESSION**

Freny will end each day at Yarn with a singing workshop: a welcoming, participatory space where everyone is encouraged to join, regardless of experience. You'll discover yogic techniques and ragas that open new, experimental pathways. Come along - whether you think you can sing, or especially if you think you can't - and surprise yourself.

## OBSERVATION (FREE AND OPEN TO ATTEND, NO BOOKING REQUIRED)

### WEDNESDAY 1 OCTOBER

#### 11.00-12.00 **SHAOLIN QI GONG & KUNG FU**

A restorative movement session rooted in traditional Shaolin arts.

#### 12.00-13.00 **DANCE: WHIRLING**

Rooted in Rumi's Persian Sufi heritage, the whirling dervish tradition took form in 13th-century Konya, Turkey. In the Sema ritual, dervishes spin in meditation, symbolising the spiralling cosmos. Freney will demonstrate her practice of whirling.

#### 14.30-15.30 **MUSIC**

Freney will be practising any of the following: Rudra Veena, Sitar, Tanpura, Singing and Spoken Rhythms.

#### 15.30-17.30 **DANCE: BHARATANATYAM**

Practicing Pada Varnam: Mohalagiri Kunden Sami. An extended composition, approximately 40 minutes in length, composed by Thanjai Nalvar. It is a story about a girl, called Nayika who is addressing Krishna directly, and asking why he ignores her, when she is so much in love with him. This is the theme of the dance. It is set in Ragam Todi in a cycle of eight beats, known as Aditalam.

#### 19.30-21.00 **SINGING SESSION**

Freney will end each day at Yarn with a singing workshop: a welcoming, participatory space where everyone is encouraged to join, regardless of experience. You'll discover yogic techniques and ragas that open new, experimental pathways. Come along - whether you think you can sing, or especially if you think you can't - and surprise yourself.

### THURSDAY 2 OCTOBER

#### 09.00-10.30 **MUSIC**

Freney will be practising any of the following: Rudra Veena, Sitar, Tanpura, Singing and Spoken Rhythms.

#### 10.30-11.30 **DANCE: WHIRLING**

Rooted in Rumi's Persian Sufi heritage, the whirling dervish tradition took form in 13th-century Konya, Turkey. In the Sema ritual, dervishes spin in meditation, symbolising the spiralling cosmos. Freney will demonstrate her practice of whirling.

#### 12.00-13.00 **DANCE: BHARATANATYAM**

Practicing Pada Varnam: Mohalagiri Kunden Sami. An extended composition, approximately 40 minutes in length, composed by Thanjai Nalvar. It is a story about a girl, called Nayika who is addressing Krishna directly, and asking why he ignores her, when she is so much in love with him. This is the theme of the dance. It is set in Ragam Todi in a cycle of eight beats, known as Aditalam.

#### 14.30-15.30 **DANCE WITH KITAPPA**

Freney trains with Chandrasekharan Kittappa Pillai, the eighth-generation descendant of the Quartet, and will livestream her classes with him directly from the original home of the four brothers during her residency.

#### 19.00-20.00 **PERFORMANCE**

Poetry Reading. Dance: Alarippu and Jatiswaram. These are traditional pieces of the Bharatanatyam repertoire, without any story or lyrics to the songs, but the dance is simply sung by using syllables known as Solukuttu.

#### 20.00-21.00 **SINGING SESSION**

A singing workshop: a welcoming, participatory space where everyone is encouraged to join, regardless of experience.

## OBSERVATION (FREE AND OPEN TO ATTEND, NO BOOKING REQUIRED)

### FRIDAY 3 OCTOBER

#### 11.00-13.00 **MUSIC**

Freny will be practising any of the following: Rudra Veena, Sitar, Tanpura, Singing and Spoken Rhythms.

#### 14.30-16.00 **MUSIC**

Freny will be practising any of the following: Rudra Veena, Sitar, Tanpura, Singing and Spoken Rhythms.

#### 16.00-17.00 **DANCE: BHARATANATYAM**

Practicing Pada Varnam: Mohalagiri Kunden Sami. An extended composition, approximately 40 minutes in length, composed by Thanjai Nalvar. It is a story about a girl, called Nayika who is addressing Krishna directly, and asking why he ignores her, when she is so much in love with him. This is the theme of the dance. It is set in Ragam Todi in a cycle of eight beats, known as Aditalam.

#### 18.00-20.30 **SINGING, MUSIC & PERFORMANCE**

This final group session includes singing, music, performance and poetry. A celebration of the week - please do come along!

This session is a welcoming, participatory space where everyone is encouraged to join, regardless of experience. You'll discover yogic techniques and ragas that open new, experimental pathways. In other words: come along - whether you think you can sing, or especially if you think you can't - and surprise yourself.



"My practice at Yarn will be on all the time, with different things to experience, so you can come back again and again. Just come and see what you like and go when you like. We can talk, share, ask questions or have a chat - it's open to the moment, with a sense of improvisation and the unexpected. And please don't worry — you won't be put on the spot or asked to do anything. You can simply watch, or if you wish, join in. It's entirely up to you."

– Freny Pavri

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