Freya Shi 施雨 shiyufry@gmail.com
born in Wuhan; lives & works in London https://freyashi.com/

Freya Shi (she/they) is a writer, poet, art practitioner, holistic wellbeing facilitator using astrology, tarot, meditation, and critical theory in service of collective liberation. Having lived across two oceans, three continents, and four languages as a neuroqueer migrant of ESEA heritage, Freya's work centers care, transformation, and worldbuilding. A 2026 Barbican Young Poet and a 2024 British Council Venice Biennale Fellow, Freya's writing has appeared in Afterall and Moving Discourse, and they write the newsletter Mythopoetics for the Living where critical and spiritual thoughts meet inquiry into how to live. Their debut book *Unlearning, to Love: An Academic's Memoir on Truth, Meaning, and Spirit* was published in August 2026.

Fellowships, Scholarships, and Residencies

2025-6 Barbican Young Poets, Barbican Centre.

2025 Global Majority Bursary, Posthuman Theatre (London Butoh Dance Company).

2024 Venice Biennale Fellowship, British Council.

2024 CSM Scientist in Residence: Mattering Life, University of the Arts London.

2022 J. Larry Stockton Scholarship, Lafayette College.

2018 Digital Humanities Summer Scholar, Lafayette College.

Publications

2026 *Unlearning, to Love: An Academic's Memoir on Truth, Meaning, and Spirit*, book, Aunty Press.

2026 *Writing: A Reading*, article, Moving Discourse.

2025- *Mythopoetics for the Living*, Substack Publication.

2025 *Lost in the Rain*, article, Black Atlantic Museum, Afterall.

Group Exhibitions, Performances, and Curations

2025 *Learning to Pray*, CSM Postgraduate Art Show, Central Saint Martins, London; performance and group exhibition.

2024 *Straniero*, British Pavilion, 60th Venice Biennale, Venice; performance.

2024 *MAAAAA*, Play: A REASSEMBLAGE project, CSM Museum and Study Collection Window Gallery, London; group exhibition.

2024 *Supercritical Readings*, CSM Scientist in Residence: Mattering Life, Central Saint Martins, London; performance lecture.

2024 *Hypersea: out of body, out of mind – into water*, Sideshow, Lethaby Gallery, London; performance, group exhibition, and curation.

Workshops

2026 *Self-Publishing 101*, Antiuniversity Festival, Pelican House, London.

2026 *Autumn Equinox Ritual: A Five Elements Journey*, Oca, London.

2026 *Writing the New Moon: A Virgo Ritual of Care, Land & Economy*, People's Letters Bookshop, London.

2026 *Resonant…Bodies*, Barbican Centre, London.

2025 *Plant Your Seeds: A Solstice Astrology Forecast for 2026*, online.

2025 *At Home with Museums: Building Futures Together*, Museum of the Home, London.

2025 *Creative Practices of Care*, Community of Practice, Central Saint Martins, London.

2025 *Tune In / Flow Through: Meditation for Clarity and Creativity*, UAL Finance Staff Development Festival, London.

2025 *Sustainable futures and design thinking: Perspectives of the New Generation!*, ICOM UK Annual Conference, Liverpool.

2025 *Chakras as Mythmaking*, 'The Latitude of Faith', Indra Gallery, London.

2025 *Roots to Sky—A Sound Meditation for Body & Planet*, Earthweek, Central Saint Martins, London.

2024 *Straniero Tri-lingual Reading Workshop*, British Pavilion, 60th Venice Biennale, Venice.

2024 *Breath is the smallest unit of our existence*, 'Hypersea: out of body, out of mind – into water', Sideshow, Lethaby Gallery, London.

Other Commissions and Projects

2025 Sound design for 'In Practice: Horror & Healing', Healing Justice London.

2025 Literary Consultant for the show '404 Reading Club', Camden Fringe.

2023 Presentation for the course 'Perspectives on Curating,' Humboldt-Universität.

2021 *Mirror Light, Eternal Night*, digital game, Tencent Institute of Games.

2021 Sound design for short film *Fishing Nights*.

Selected Work Experiences

2024-6 Committee member, ICOM UK Student and Emerging Professionals Working Group.

2024-5 Managing editor for *Arachnophilia*, Studio Tomás Saraceno GmbH.

2024 Project management for Miltonathon, Milton's Cottage.

2024 Exhibition ambassador, British Pavilion at the 60th Venice Biennale, British Council.

2020 Editorial intern, Music history section of All History 全历史, Perfect World 完美世界.

Education

2023-25 MRes Art: Exhibition Studies, Central Saint Martins, University of the Arts London, Londono, UK.

2023.01-05 Humboldt Perspectives Study Abroad, Humboldt-Universität zu Berlin, Berlin, Germany.

2017-22 BA Computer Science and Comparative Literature, Lafayette College, Easton, PA, USA.

2020.01-06 School of European Language, Culture, Society, University College London, London, UK.