

Força, equilibri, valor i seny. *Strength, balance, value and sanity*

At the age of 6 I began to practice human towers, *castells*, and from that moment the Human Towers are part of my life.

*Castells* are the union, the spirit of overcoming, the adrenaline, the fear, the force and the value. And that is exactly what I wanted to show with this series of images. The emotions I feel as part of an activity like this, nerves, pressure, happiness...

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