

The dance of autonomy and audacity of Eva

There is no manual for self-discovery, everyone must be able to internalize their desires and fears to free the mind from prejudices and codifications.

We live full of female stereotypes that lead women to carry a huge weight throughout their lives. Growing up, interpreting the role of women, being part of a society and dying internally if you do not get to know yourself.

How to express, liberate and humanize us?

There are multiple ways to do it, and dancing is one of them. It is a process of releasing invisible layers and layers of skin, loaded with stereotypes, history and preconceived speeches.

Step by step ... photography by photography, the body is released, it wakes up and mutes its clothes and skin by one that allows it to identify its fears and desires.

This is how with gentle body movements, and especially hands, the process of generosity and the sacrifice to change and rise again.

Gradually the movement is awakening deep longings; and through spinning, the desire to humanize and dignify arises. With symbolic twists, the body of that heavy burden of the past is stripped, and a new skin dressed in audacity, autonomy, empathy and much more just begins to emerge.

It has emerged ...

This new body has dressed in power. It caresses itself and knows that it can step towards its future, leaving behind fears and codifications.

¡It is ready!

It is time to be reborn. When the last fears are left behind; this new skin, full of freedom, validated and legitimized, learns that it is time to go abroad.

With this act of rebellious transgression, it has transformed into a body that dances feelings.

“Dance is to make an introspection towards the feminine; dignifying "Eva", transforming, and making her independent”

FARIDE HAYDAR DEL CASTILLO

I was born in 1978, in a city in Colombia called Sincelejo. I am a civil engineer and teacher. In 2018, I decided to make a change in my life, taking photography as support in this process of personal growth.

During these years, I've experienced many ways of capturing sensations through images. For this reason, I have also taken nature photo expeditions in search of a personal connection; at the same time I work with friends using photography as therapy.

In December 2019, I won the nature and culture photography contest organized in Colombia by Travelgrafia.