

BODY LIBERATION

Fat bodies, disabled bodies, trans bodies, melanated bodies, neurodiverse bodies, houseless bodies, aging bodies, young bodies: you are loved here.

Our bodies are our homes. They are precious and worthy of love, care, dignity, self-trust, and respect. We ask for consent. We honor lived experience and intuition. We embrace nuance, individualized care, and the complexity of being human. We listen for and respond to the body's wisdom, signals, cues, and needs. We are willing and eager to protect those living in marginalized bodies.

Our studio is an inclusive and body-affirming space, free from diet talk, pressure to conform to dominant standards of beauty, weight stigma, ableism, healthism, body checking and comparison, the gender binary, color blindness, colonizing mindsets, toxic positivity, classism, and ageism. We recognize that these things harm bodies.

We seek to celebrate, with great pleasure, every body's unique story and rightful autonomy. And we enter together into the transformational practice of bodies living, moving, singing, and playing in radical loving community.

