



June 2021 Federations Focus

International Naturist Federation Newsletter

Do we easily give up the naturist offer in Istria?



SARS-COVID-19, which has been harassing for more than a year, has changed a lot, that is, it will continue to change mutations. Naturists have also started to change and, obviously from the protests, they are moving more and more naked at home, but also at various public events. In Italy, for example, several museums are open to naturists only. In France, a small naturist village was opened for the first time, where all the inhabitants live and enjoy themselves naked in good weather.

And even in Serbia, where this movement has been spreading and being widely accepted lately. For the first time in Belgrade, a group of the bravest naturists took part in the first naturist bicycle ride. I don't know what such a performance would look like if a hundred naked pairs of cyclists were profiled in Zagreb on Ban Jelačić Square, organized by the Croatian Cycling Association.

And this year they were supposed to organize the EuNat Congress of European Naturists, but it was cancelled due to Covid and postponed to February 2022.

Precisely such gatherings of young naturists would be very important for spreading naturism and nurturing new naturists as guests in our naturist camps, which are unfortunately becoming less and less.

While naturist centres in our country are fading away despite the currently relatively better demand than textile camps, the movement in Serbia is awakening and gaining the favour of local tourism organizations and support for the implementation of local projects and the creation of naturist resorts and clubs. And we are working intensively to close.

In Serbia, the so-called „wild beaches“ are widely visited, most of which are in Belgrade (Ada Ciganlija), Novi Sad, Zrenjanin, Uvac, but also in other places in Serbia.

What do we want to say? We in Istria have been and remain the cradle of European naturist resorts. Today in Croatia there are only a dozen naturist camps and 90% of traffic takes place in Istria. Istria is an oasis for visitors from Bavaria, Austria, Italy, Slovenia and even the Netherlands, because if we look realistically, none of these countries has so many naturist accommodation facilities by the sea and so close.

But the story from Serbia is irresistibly reminiscent of our beginnings in the 60s of the last century in Vr-sar, the entrepreneurial spirit in building, promoting and fighting in the market for the improvement and recognition of this selective segment of the tourist offer.

It also reminds us of the fact that we organized four World Naturist Congresses in Istria (Koversada 1972, Monsena 1988, Valalta 2004 and Koversada 2012). We have invested enormous capital in tangible and intangible goods, and we lightly give up that rich heritage.

The charisma and entrepreneurial spirit of leadership in this segment is slowly but surely disappearing and dispersing in our close destinations in the environment, which is a problem of strategic development of tourism and tourism policy of Istria and Croatia.

And naturism is on the rise. The fact is that naturist associations from Britain, France, Italy, Germany and the United States, among others, have recorded an increase in membership in last year - by as much as 31%. And naturist centres and naturists have been and will be an exception, because, with a kind of paradox of the freedom of the body in harmony with nature, they have created their aura of how it can always do better in times of crisis.

Stories about naturism as a community project

Early in 2020, naturist fiction author P. Z. Walker had the idea for a collection of mystery stories to be called "Murder in the Nudist Colony," deliberately using the antiquated term "nudist colony" for a slightly retro, humorous touch. On social media platforms, mostly Twitter, other folks associated with the fine network of naturist authors chimed in. Ted Bun put together the call for submissions, Robert Longpré set up the page to share documents as well as the ISBN, Fabien Barabé designed the cover... and we've ended up with fifteen submissions within a relatively quick timeframe. Will Forest and Ted Bun volunteered to edit. The project has been a strong example of an online community working together! (6,28 EUR)

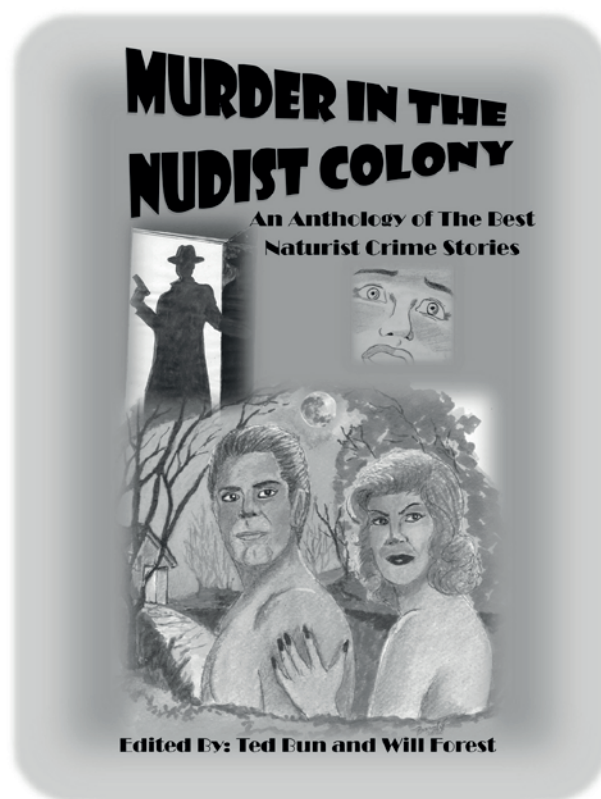
The initial book was a success and a sequel was planned, this time entitled "Romance in the Nudist Colony" (6,74 EUR). It was decided that with such a title, the only possible date for publication was St Valentine's Day, 14th February. After a lot of hard work, the anthology duly appeared on the appointed date. Once again proceeds from sales was aimed towards Médecins Sans Frontières.

This anthology has eighteen stories from seventeen different writers from all over the world. This results in a different interpretation of the term "Nudist Colony" into something recognisable in that writer's own country.

Some of the romances are set in the past, others in the present. All, but one, are short stories, the exception is a short radio play "Heatwave" which the author Gregg B White has permitted performance for charitable performances, provided that all actors and sound engineer have their own copy (photocopies strictly prohibited!) and that all actors and sound engineer are nude for the performance.

The first two stories come from the same author, Andrew Calow, who has contributed "The Answer's in the Negative" and "Ivy's Story". Both feature a vicar in England as observer of other romances. These are followed by an American contribution from Linda Weber "Chance Encounter at the Roadrunner Ranch". I was not expecting the twist in this tale.

Matthew McDermott supplied the next story, "Naked Games", with the observation "You could tell the residents, they were the ones with sarongs and wraps and even shorts and shirts".



The setting shifts to Canada for this one. For the next story, "Lydia's Private Casket" by James Gault, the scenes change to England and Czechoslovakia and a pre-Second World War romance between two people of different nationalities.

Germany is the setting for "Romance in the Nudist Colony" by Ana Jurić. Unlike many of the stories, in this case Hans and Lisel know each other at the start of the tale. Jacob M Drake's story "The Perfect Match" has a couple who meet during their first visit to the resort. It's a perfect illustration of how no-one will be alone at a nudist resort for long.

"Elijah's Journey" by Fabien Barabé is not a journey in miles but a journey of life and new experiences set on Vancouver Island in Canada. "Scars and Prejudice" from Hannah Steinbock is a moving story of an Iraq veteran finding love with a scarred crash victim.

Joeline is a cancer survivor who is the protagonist in "Beyond a Swim" by Stan Muir. Her romance starts on completely the wrong footing as a stranger invades her solo swimming time.

ROMANCE IN THE NUDIST COLONY



An Anthology of The Best Nudist Romance Stories

Edited By: Ted Bun and Will Forest

club. The Northern Pines Resort in Dave Zigzag's "Are We Really Doing This?" is set in Canada. Two ladies in their sixties decide to visit, aware it is a naturist resort. One knows about it as her former husband visited it previously and was a member. Reading this story reminded me of Bare Oaks Family Naturist Park near Toronto.

Allen Knudsen's contribution is "Leaving Almost Everything", Scott and Frank are the couple here in a tale of gay love. Next comes the play Heatwave mentioned earlier. The penultimate tale is Ted Bun's "1962" and a relationship between a Doctor and a Nurse who described 1962 as the happiest year in her life. The collection concludes with "Soul Spirits" by Will Forest, a closed polyamorous triad set in the Noonay Noo Naturist Park with a view overlooking the Caribbean.

It's probably not a collection for reading in one sitting; think of it like a box of chocolates which one can dip into to enjoy one at a time. All told, it's a varied collection which shows a love of writing as well as the loves depicted within.

"Love Story" by Steve Williams begins in an American University with two mature Geology students. "A Natural Break" by Tanis Lang from Bristol is a study on Mel's, a newcomer, first visit to a naturist club, although she hadn't known it was such a club at the time of booking. I think many can relate to this, or know someone who has experienced such a mistake.

Steven Green's "Now You Know How I Feel" ably demonstrates that love is just as valid between two females as Ella takes her girl friend to the naturist club to meet everyone. This story is set in a British

Focus August

Deadline to remit articles:
20th July 2021

Release of Focus latest:
05th August 2021

LE BETULLE Villaggio Naturista

Near the Alps, at 25 km from the center of Turin, 20 minutes from the airport Caselle. Caravans, plots for Recreation Vehicles and tents, completely equipped bungalows, caravans with chalet. Pool, solarium, jacuzzi and sauna. Clubhouse restaurant, petanque, mini-tennis, table tennis, Volleyball. Mountain bike circuits and trails in Park Mandria

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Experience and explore being nude



Eight students from a seminar by Professor Arnold Groh from Berlin stay at Thielle for nine days in August 2020. Their task: be nude all day long and scientifically deal with topics related to indigenouness and nudity, through lectures and seminars.

Martin B.

They attract attention, these young people, who, in Thielle, want to qualify for an excursion to indigenous people, because they are barely tanned and much more "nude" than the average people. They sleep in tents, cook in the common kitchen, swim, sing and give lectures to each other - and always being completely naked. When it is getting cold, the professor suggests running a few laps.

The ideas of Professor Groh are interesting and plausible: the remaining indigenous people on earth are important to us; we should not do development work on them but learn from them and leave them in their surroundings, as intact as possible. If we want to meet them, we have to do it at eye level, e.g. also being naked. Groh recognizes precisely this fact as being particularly important. Neither should we bring "gifts" from our environment (clothes, money, cell phones, ..), but rather sing songs from our culture. For that reason, the students rehearse songs like

"Dona nobis pacem" or "Es ist ein Ros' entsprungen". These people then "understand" this emotionally, they sing their songs and build bridges that way.

Arnold Groh has worked for the UN for decades and was involved in the creation of the declaration of human rights for indigenous people; this charter was adopted in 2007 and has been in force since then.

Examples of lecture topics this week:

- Correlation of breast cancer for women with wearing bras. The more often, even during night, the tighter they are worn, the earlier in youth they started wearing, the more common the diagnosis of breast cancer. Result: Nudity is healthy, especially not wearing a bra.
- Semiotics, i.e. the sign language. Possible signs in body language: hairstyle, fashion, make-up, but also nudity. What does nudity express? Trust, openness, vulnerability. Many indigenous people live nudity as their body language. In the Western context, which has superimposed and shaped the whole world, nudity is almost always associated with sexuality.

At the end of the week, I am allowed to interview Viktoriya (26 years old, studying industrial engineering, medical technology):

Martin: How did you experience this week?

Viktoriya: It is a completely unconventional experience to be without clothes for a whole week. A totally different body feeling, together with the clothes one puts off all social classes. One can get in touch with other people much faster because the social influences with clothes disappear. For me it was very nice, also as we called each other by first names. So, it is about people, and not about external factors. A valuable experience that I want to continue to cultivate.

M: Were there any highlights or horror this week?

V: "Horror" were the very strong thunderstorms at night, when you had to stay textile-free and had to go to the toilet, while it was cold and wet. Highlights were the encounters with the people on the grounds, that they were interested in us and that we learned from them what they are doing. And also the lectures that we gave each other from different perspectives (all of us come from different fields of study), and especially the discussions that followed.

M: What will you tell your girlfriends about your "naked week"?

V: My circle of friends is very divided. Some would like to join, too and others cannot separate the simple nakedness from the sexual component. They expect a very big story when I come back. But I will tell them that it was completely normal, we were just naked and that was beautiful.

M: You are preparing for an excursion to visit indigenous people. What does your future look like in this regard? Where would you like to go?

V: I really look forward to it, because theory is there for practice. The question when I can go, also depends on the Corona development. About where? I would like to travel to Southeast-Asia, because I already know it, but I am also open for new things.

M: Are you not scared? The professor has mentioned that visitors from another group have been eaten.

V: Those were not his visits, it was the story of a group that did everything wrong. Actually, a visitor group should zigzag around the zone. Instead, the visitors walked very quietly right through the zone. They behaved very quietly and gave no signal of approach. This was perceived as a threat. So, own mistakes were involved.

M: But you are not afraid yourself?

V: No, I think I trust the professor. He always first goes there together with his wife, to make contacts. Only then you come with the excursion. I would probably not dare to go on my own, because I have no experience. That is why I am here to learn. I have great confidence in the professor, because he has doing this for decades.

M: Many thanks, Viktoriya.

Maybe Arnold Groh will come back again next year with his group of students. Whoever would like to deal more intensively with his ideas, can refer to the homepage of his organization:

www.s-a-c-s.net

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LOVE OURSELFS THE WAY WE ARE



stopbodyshaming.fr

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Fédération Française de
Naturisme

© Photo: Tamara Hauvuy © Design graphique: Pierre Potier

This is the invitation extended to all French people by the French Federation of Naturism, to encourage them to accept their bodies and their nudity.

For this purpose, the FFN is launching a national campaign against human body shaming on May 27th 2021. It is clear that the relationship our fellow citizens have with the naked body is kept hidden under a tightly closed lid, imposed by the diktats of society on the human body, particularly that of women, which hasn't stopped increasing over the years! There is no shortage of demands to conform to the criteria of beauty and corpulence...constraining and unattainable standards imposed by the fashion, advertising and pornography industries. So, who is better placed than naturists to talk about the human body and nudity, the benefits and the resulting social interactions?

Today, social media like Facebook buckle purely through commercial interest to the demands of religious fundamentalists in staunch opposition (extreme prudishness and the separation of gen-

ders set up as dogmas), injunctions assimilating all forms of nudity (protesting, artistic, naturist or philosophic) and pornography. People are dispossessed of their own bodies, which become the symbol of today's consumerism, used as a display for merchandise or an object of desire. On the other extreme, we have to hide our bodies - this "object of lust" subject to religious taboos and interdictions related to sexuality.

The human body and simple nudity find themselves banned from the city, prosecuted, attacked. These paradoxical injunctions lead to numerous psychoses and / or neuroses. Very many people are lost, no longer love their bodies and lose self-confidence, resulting in anorexia or bulimia, depression, frustration and other pathologies.

We asked photographer Tamara Hauvuy to photograph naturists and non-naturists, of all morphologies, skin colours, age, with or without tattoos and piercings, etc., in order to show real body diversity. The result is startling: photos showing different

physiques as they are, in all simplicity, natural and beautiful in essence.

Behind the hashtags

#stopbodyshaming

#bodypositive

#aimonsnouscommenous sommes

the FFN tackles one of society's big evils, one of the most frustrating, the one which strips us of our personal integrity, the reason that many feel the need to hide their bodies because they are different, far from the norm, pointed at, judged, mistreated, abused: Body shame!

By offering a different look at nudity, far from the conveyed taboos, far from the sexuality that is attributed to it, this campaign gives strength to all those who have lost hope and self-confidence. To assume our bodies and our nakedness is to discover ourselves, to flourish, to love ourselves as we are, it is to be ourselves naturally.

Through the posters and images of the #Stopbodyshaming campaign, the FFN is making waves, opening a debate, creating dialogue, questioning the media, questioning consumer society, challenging people's inner conscience. Fighting against the shame of the human body and promoting healthy and natural nudity are battles that naturism confronts on a daily basis. The definition of naturism is there to remind us: „Naturism is a way of living in harmony with nature, characterised by

the practice of nudity in common, which aims to promote self-respect, respect of others and that of the environment". Respect, non-judgement of physical appearance and freedom of the human body, are values that guide us as naturists.

The photos will be presented on May 27th 2021 at the Galerie Joseph, rue Charlot in the centre of Paris before going on tour across naturist spaces, galleries, exhibition halls, municipalities, festivals... So many engagements that, from May 2021, will multiply across the four corners of France and why not beyond. One objective:

to give back meaning and esteem to our bodies with their differences, in mutual respect, without prejudice or judgement, in order to thwart the injunctions of a society that forgets to love itself as it is, ALL NAKED!

Let's show that body shaming has no reason to exist and that we can and must resist these oppressions, that it is important it is to emancipate and free ourselves from it, in order to be able to live happily and fulfilled with a Body Positive spirit!

Find all the images and posters of the #stopbodyshaming campaign on the site:

www.stopbodyshaming.fr

(only in french)

Julien Claudé-Pénégry



The naked Yoga effect by Doria Gani

From cancer survivor to world class Naked Yoga Teacher

Doria Gani's story is from the heart, and her deeply personal and transformational journey in The Naked Yoga Effect is to be published by Aurora Metro on Saturday 1 May 2021.

The Naked Yoga Effect is the inspirational story of Doria's life, fighting for life and surviving cancer; to rehabilitation and discovering yoga; through to the joy she has found in developing her unique naked yoga which is now so positively in her future life.

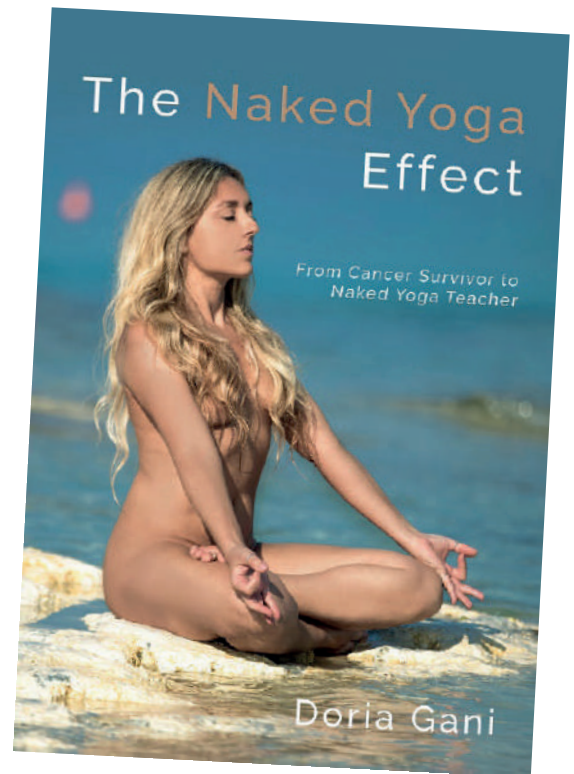
Doria gently and beautifully encourages her readers to reconnect with their own bodies discovering the freedom that her naked yoga gives. Doria's outstanding skill and practice of yoga in a totally natural state, can be seen throughout The Naked Yoga Effect, with stunning photography, exercises, guidance, advice and all the benefits that naked yoga brings.

Doria's frank and moving story of her early life in Tuscany is revealed growing up in a traditional Italian family with an emotionally abusive father, her move to London, troubled relationships and the bombshell diagnosis of stage 3 cervical cancer. Her shame turns to a fight for survival, her healing turns into the discovery of yoga and self-acceptance. Then in 2014, surprising even herself, Doria travels to India to train as a yoga teacher. Finally, the defining moment, as she practiced her yoga naked as the sun rose over the Nevada desert, that lifted her spirits and gave her the drive to share her naked yoga.

Doria takes her readers out of their comfort zone and gives them the courage to feel safe in their own skin and be responsible for the health of their own body. Her naked yoga will help them to find the confidence, lightness and energy in their body and onward life, by practicing her naked yoga.... and just maybe, the most revolutionary thing about The Naked Yoga Effect is to love your body.

Over the past year Covid has meant that Doria's classes have had to move online, resulting in many more people worldwide discovering her unique approach to naked yoga. The Naked Yoga Effect is published at a time when more than ever, the world needs us to learn to de-stress, and to stay healthy and strong.

As her tattoo says, "My Life My Way." – And you absolutely believe that her naked yoga helps to achieve that.



"The Naked Yoga Effect by Doria Gani"

Aurora Metro, 1. May 2021, Euro 19,39

Royal Paperback (234 x 156mm)

ISBN: 9781913641115

DORIA GANI

Doria Gani is a Naked Yoga teacher and an ambassador for body positivity. She started practicing yoga in 2010, as a form of rehabilitation after fighting cervical cancer. From that beginners' class, she found that the clear, mindful asana instructions improved her memory, spatial relations, focus, and sense of connectedness with her mind and body.

On a greater scale, the daily practice showed her the value of acting deliberately. Yoga was the key to her recovery and transformation, and now she lives her life with a greater sense of purpose and intention. Now qualified as a yoga teacher in Ashtanga Vinyasa, Rocket Yoga, Yin, Mandala, and principles of Ayurveda and Shamanism, Doria teaches Naked Yoga classes online as well as all around the world.

www.doriayoga.com