



# October 2022 Federations Focus

International Naturist Federation Newsletter

## Naturism in Ecuador



A small country in South America, located in the middle of the world

Did you know that in 1735 a French Geodesic Mission, sponsored by the Paris Academy of Sciences, came here to measure an arc of the terrestrial meridian in order to determine the place through which the Equinoctial Line passes?

Yes! This is Ecuador. In this country we also practice naturism and we have four very pleasant natural climatic regions, Costa, Sierra, Oriente and Galapagos.

Surrounded by beautiful landscapes, we hike up to snowy peaks, go to hot spring pools in the mountains, pool days at country houses next to the city, walks to the Amazon enjoying rivers and lakes, as well as beaches and even in the wonderful Galapagos Islands.

Naturismo Ecuador in an organised way watches over the development of the practice since March 2016 and welcomes local and international people. The 8th Latin American Meeting of Naturism was held here in 2020.

We are members of CLANAT (Latin American Naturism Commission), formerly known as CLANUD.

The name was changed following a consensus reached by all of our members to watch over the development of naturism as indicated by the International Naturist Federation.

Ecuadorian gastronomy is very natural, rich in fruits, vegetables, meats and seafood from healthy sources.

If you would like to visit us, just write to us. With groups of at least seven people, and preferably between the months of April to November, we can organise tours tailored to your group, where the main attraction is the practice of naturism in harmony with nature.

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# Textilized Naturism?



I have been a Naturist for more than forty years. Like many of us, I started being a Nudist, going to beaches where people felt free and shared nakedness while swimming and sunbathing. For me it was a big step because of the sequelae of Polio, my body is kind of irregular and I am wearing several scars, which I call my war medals.

Soon I started to understand the benefits of nudism, not only for the freedom but also for the egalitarian feeling one gets when surrounded by different naked bodies, with different shapes, sizes and colours. Naked, we are all the same and only our natural individualities difference us.

Soon I started to study about the Philosophy accompanying Naturism, starting in India in 1891 and then developing in the United Kingdom amongst other places around the world. The more I learnt about it, the more I liked it and the more I got involved.

I started to practice the whole ethos of the philosophy, living naked all the time at home, Summer or Winter, Spring or Fall.

I started to understand the importance and relevance of following the Natural Laws of our Mother Earth. To live under the premises of caring about the environment and all beings on the planet from an equal perspective. We are all here for a purpose and we are all equally entitled to our rights to be kept and defended.

It took several years to reach the point where I am now: A Naturist, Vegetarian, Environmentalist, Animalist and Plasticist who will fight to defend Human, Animal and Planet rights till the end of his life, as well as to defend

the most sustainable and egalitarian philosophy there is and specially spreading its benefits amongst the disabled community (INF-FNI Focus December 13/62/2021)

*Unfortunately, every day more and more, the ethos of this balanced and liberating philosophy is broken with the introduction of confusing concepts and allowing the textile norm to invade our spaces.*

Naturism and Nudism are not the same. The first is a philosophy of life, the latter, a shared activity with no clothes. All Naturist are nudist by default because they live and manage their activities naked but, a nudist is not always a naturist and there, the problem starts when mixing concepts attending Naturist places.

Last May I attended a meeting of a Naturist Federation at a famous and fabulous Naturist camp. I was sincerely horrified when, on the first activity offered by the resort, only I and other 4 or 5 people of almost 100 (figurative

## 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

**Sights:** Venaria Royal Palace and Park, St. Michele Abbey, Rivoli Castle, Mole Antonelliana, Egyptian Museum, Piazza S. Cario, Basilica of Superga.

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but close number) were naked, the rest were dressed. some even with coats. It was May and the cold was not that at all, a bit fresh yes but not cold.

I enquired and complained because I felt the whole ethos of the Naturist ideology had been corrupted and, the worst part was that when I complaint, everybody seemed to be OK with the idea of being dressed, or with he rule to have to wear some clothes at the indoor restaurant...

I really think things are getting out of hand in this matter. If you are a Naturist and go to a Naturist resort (at least on its denomination) one expects to mingle with people alike, who share the same principles of life. To be a Naturist it is not compulsory to be a Vegan but it is to live according to and respecting nature, maintaining a sustainable life in harmony with the planet and respecting the essential rules of Naturism, one and most important, to live naked, specially in places reserved for that purpose.

Textilizing Naturism breaks the concept of equality completely. That freedom of being amongst people without knowing their wealth or social status that textile items show.

I have had several conversations with many Nudists (have not found many pure Naturists in Spain yet and not even within the different Federations) and I can understand but not share their point of view. I agree that each one has to be as they are, but I would like it to be understood that the textile norm breaks the equality of the naturist philosophy because differentiation of social stratum and life is made with the different brand of clothes which begins to mark the difference of society status, of purchasing power and even of origin and type of life while, the naked body is what it is with its specific differences of each individual person but without differentiation of anything social,

material or external I have participated in the naturist philosophy for forty years and I have seen the deterioration of it that is being done with the permissiveness of textiles and closet naturism that wants to show the face but not at the same time as the genitals. The same excuses that are used to hide homosexuality or any other minority diversities in our society.

I was told that the suffix -ist is exclusive but I always reply that if you belong to an -ist group it is for a specific reason, and that is to maintain the rules and ethos of the group.

So, I am begging all federations, resorts and groups to consider what they really are and take measures no to allow the textile world to take over and ruin the most sustainable and egalitarian philosophy there is.

There are real Naturist places where textiles are not allowed but on some exceptional circumstances. If you attend a Naturist place you should live naked all time and lead a normal life without clothes all the time. If you are cold, choose another season to go or join indoor naturist groups somewhere else. There are plenty of groups that do them all over the world.

No more textile allowed on Naturist locations, please. Let's safe our philosophy of life from the hypocrite social morals.

Nacho Torre Marín Comas  
Member of ADN und ANVA Spain

## Events

**20.10. - 23.10.2022**

### **INF-FNI World Congress**

Luxembourg Airport, NH Hotels, Luxembourg

More Infos at our Website: [www.inf-fni.com](http://www.inf-fni.com)

Organised by: FLN, INF-FNI



**04.11. - 06.11.2022**

### **Swimming Gala**

Belgrade, Serbia

Registration forms are available in our open download under „Swimming Gala 2022“

Organised by: EuNat, INF



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SAY HELLO

## Focus December

**Deadline to remit articles:**  
20<sup>th</sup> November 2022

**Release of Focus latest:**  
05<sup>th</sup> December 2022



# Naturism with stories and dance



„Under our clothes, we are all naked“

For years we have both tried to combine storytelling, narration, dance, other forms of expression and naturism. Karin is a trained storyteller, Eckard is now an AFT dance instructor. The end of the training included a presentation of dance instructions where everyone was supposed to wearing some clothes for the theme of nudity. Below a reaction from the head of the school in her last dance newsletter.

“Under our clothes we are all nude”. This was the title of a specific pedagogical dance examination. In May 2022 the specific pedagogical dance examinations of the prospective dance instructors took place at the Academy for Dance Pedagogy in Bochum. In this context Eckard Arcypowski engaged on a somehow unusual terrain of pedagogical teaching. It began in a narrative and descriptive way with a story from the Muppets Show “Sam the Eagle discourse on Nudity” and continued with the fairy tale “The Emperor’s New Clothes”. The emperor in that story had clothes made by two weavers no one ever had seen before. It was said that people incompetent for their function or simply being stupid cannot see these clothes.



The emperor’s high officials, however, had proved to be most fit for their tasks and had described the clothes in a most wonderful way. Finally, the emperor went to a procession in his news clothes. When a child called: “He does not wear anything”, the emperor also had doubts, yet he went on and his chamberlains continued to carry the train.

In this presentation the story continued from this point. It was about the reaction of people between the prevailing opinion and doubt about their own perception. At the end some of them felt superior to the ignorant and they were astonished when they simply went without clothes but nobody noticing.

## Mrs. Jüttner continued writing:

During the skilful, dense as well as humorous narrative, Eckard wove elements of dance pedagogy into it. That way nude skin could be experienced sensually through one’s own touching, sensing, researching, and perceiving. Sensitized that way, tasks for dance, movement and expression were added.

The fellow students were instructed to translate the sense stimuli into dance, to move perceived qualities, to establish dancing encounters into scenes. The dance at the court was getting alive. The visualization of one’s own being undressed – i.e. the realization of the “Under our clothes we are all naked” – generated physical sensations and ideas for movements were tried from restrain till joy. Skilfully used music supports the dance journey into an unknown country with surprising discovery for the own nudity, sensual experience, and dance encounters.

Gabriela Jüttner, 31st May 2022

## One fellow dancer wrote:

Daring to deal with the subject of naturism in dance – a fascinating idea, especially because we as co-dancers were nude only under our clothes. Committing oneself, what limitation and restraint to the imagination to move dancing all nude, may provoke, was impressing to all of us. Although I got aware very quickly: Imagination implies something different than actual doing. Because who knows - depending on the attitude being shown to you, depending on the existing level of trust and respect, with appropriate inner and outer distance, to realize such a project - perhaps we would have been surprised by an easiness.

For me personally, nudity is no longer the taboo it used to be. Physical nudity was always easier for me than nudity on my head. Taking hairlessness of a woman as a matter of course was a much bigger step for me than showing physical nudity – which in fact unites us all. To meet each other hairless or undressed – for both one essential principle applies: meet each other with openness and human – not physical – curiosity, create a value-free space where everybody may be as he/she is – unvarnished, natural, and unique.

Greetings. Angelika K.

The other women, too, were impressed by the idea of dancing together being nude, and one participant said, she actually would have liked to dance naked. Well, this had not been agreed upon. But this attempt shows how much openness and interest is being shown towards the subjects of naturism and nudity, even outside naturist zones. We both like to travel, and out our age we still want to see and experience a lot.

Whoever is interested in creating with us or meeting us at an event, please contact us. It does not always have to be such a serious topic. Most of the time it is about the desire, the fun and the enjoyment of movement, stories, and music.

Karin und Eckard

## NUDE DANCING IN THE HISTORY OF NATURISM

### Joy of life in the "Dress of Light"

Since Isadora Duncan discovered for herself in the museums the nearly or totally nude dancers of the Greek antiquity on painted vases, bowls plates, etc., the nude dance became for her the ideal of a future artistic dance, which was supposed to replace the ballet: „*The Greeks in all their painting, sculpture, architecture, literature, dance and tragedy evolved their movements from the movement of nature [...]*



**Dancing naked in the history of naturism**

*This is why the art of the Greeks is not a national or characteristic art but has been and will be the art of all humanity for all time. Therefore, dancing naked upon the earth, I naturally fall into Greek positions, for Greek positions are only earth positions. The noblest in art is the nude. This truth is recognized by all, and followed by painters, sculptors, and poets; only the dancer has forgotten it, who should most remember it as the instrument of her art is the human body itself. "(The dance of the future, 1903)*

The "Wandervogel" (migratory bird), the "Jugendbewegung" (the youth movement) and the (Lebens-) Reformbewegung (the movement of life reform) also were looking for man's proximity to nature. Common hiking, bathing, sunbathing, sports, and games and all that, provided no observers, preferably undressed - in the "Dress of Light" – became the basis of naturism in Germany. As here common dancing, yet at least only for folk dances, was widely popular, dances in nature without clothing were also captured by photographers like Magnus Weideman (whose wife Molli Weidemann came from the dance group of Anna Helms-Blasche in Geestland) and Lotte Herrlich. Undressed artistic dances in open nature existed in the wake of Duncan, even before the First World War, in the dancing school of Rudolf von Laban at Monte Verità, with the cooperation of Mary Wigman.

In addition, some gymnastic systems have been of great importance for the development of a new "liberated" understanding of the body. Young women and men opened the stores and the windows of their homes to let fresh air come in and then "müllered" (from Jørgen P. Müller) or „mensendiecked" (from Bess Mensendieck) scantily dressed or naked.

Or they exercised in groups in the school classes like the ones of Hedwig Hagemann (system Mensendieck). A typical combination of everything can be found, for example, with the dancer and dance pedagogue Hertha Feist. She came from the Wandervogel and then went through the training first in the Mensendieck system and in the gymnastics school of Rudolf Bode, then in the dance school of Rudolf von Laban, whose assistant she became, and eventually director of her own Laban school in Berlin.

<https://www.deutsches-tanzarchiv.de/archiv/thematische-sonder-und-kunstsammlungen/freikoerperkultur-und-tanz>

Photo: Gerhard Riebicke / Deutsches Tanzarchiv Köln  
Source: FKK Reisen August 2022