

I CARRY MYSELF

BALANCE IN IMBALANCE

DESIGNED BY

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INSPIRATION\ Designing Responsibly

This project was born out of a conscious decision to collaborate.
not only as designers, but as individuals who believe that
sustainability begins with connection.

For us, working together is an environmental choice: to share
resources, challenge each other with meaningful questions, and
create something bigger than ourselves.



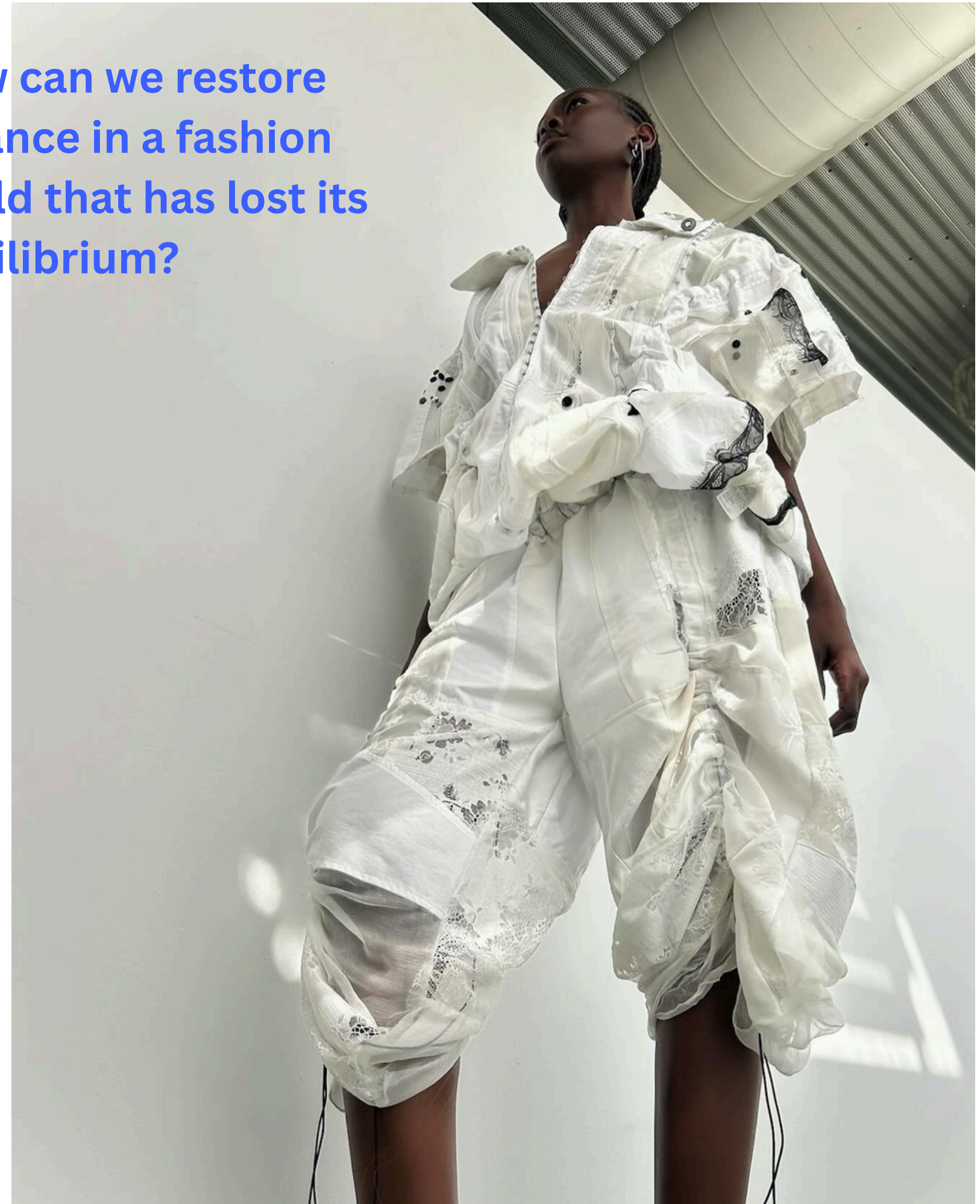
We Carry Each Other

INSPIRATION\ Starting point



As designers, we often feel the weight of overproduction, overconsumption, and overdesign. Through this project, we wanted to explore how fashion might slow down, breathe, and reconnect to purpose.

How can we restore balance in a fashion world that has lost its equilibrium?



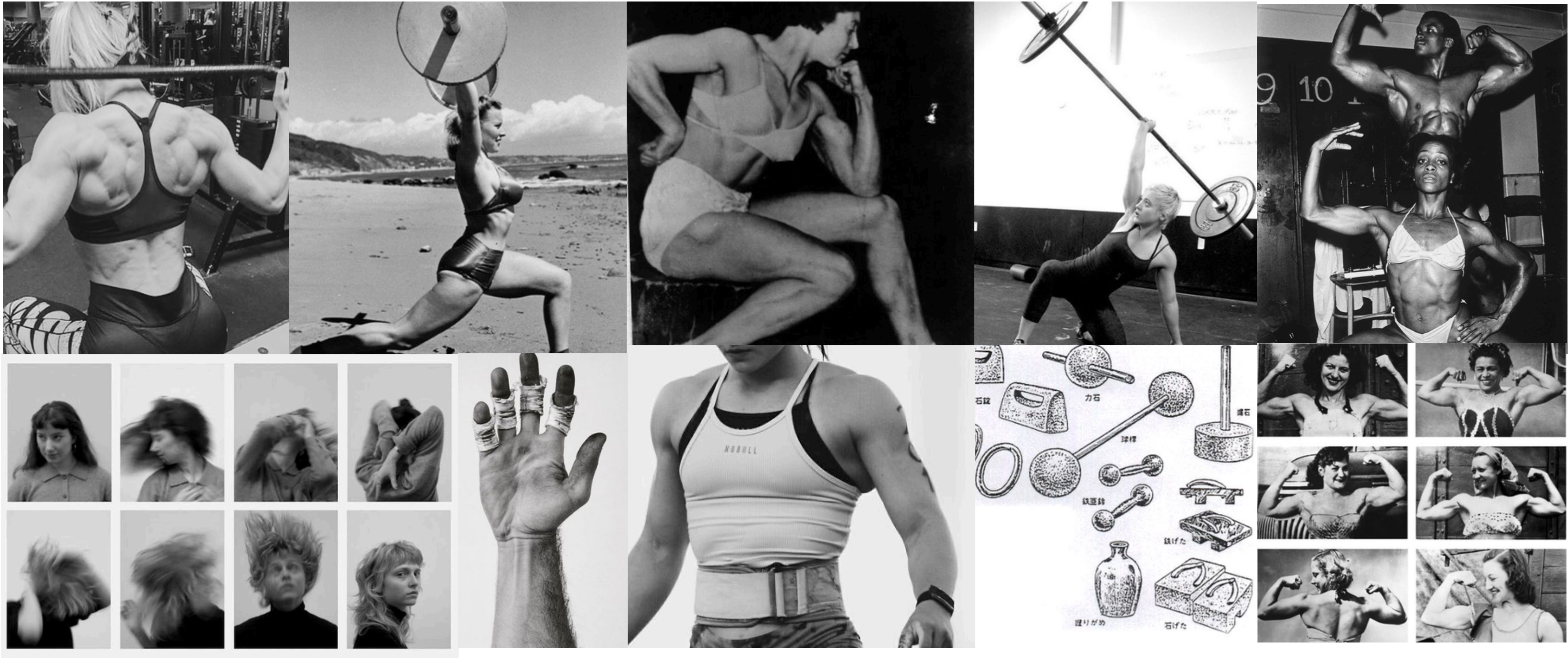
INSPIRATION\ Moodboard

We began by researching systems and cultures that revolve around balance – from Japanese aesthetics and minimalist design to the physical and emotional discipline of weightlifting.



INSPIRATION\ Moodboard

We found ourselves drawn to the quiet, focused moment before the lift – a moment that requires complete presence and internal alignment. That tension between restraint and power, between softness and strength, became our emotional compass.



INSPIRIATION\ Inspiration board



RESEARCH\ Matirials

The entire piece was made using only natural fibres sourced from existing materials.
We worked exclusively with textile waste: cotton shirts, worn denim, lace, linen, and luxurious remnants of wedding dresses that would have otherwise gone unused.



RESEARCH\ Collages



MODELING



Final design/ Measuring towels



Final design/ Fabric Development



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FINAL COLLECTION





The top part is built from white cotton and denim, forming strong shoulders that express structure and presence.



Final design/ Details



Final design/ Details



One of the most important gestures in this piece was the inclusion of original fabric care labels – the kind found inside every garment, often ignored. We placed them visibly and intentionally, as a reminder.











THANK YOU.