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meditations



pictured: mgm at rmit melbourne, australia

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exercises for reimagining fashion
through sound and touch

this research project is partially funded by
rmit university school of fashion and textiles and
is an interdisciplinary collaboration between fashion
designers and researchers juliana luna mora,
vanessa duque camacho and hannah berry and
professor daniel x harris (school of education)
and research fellow emma-louise seal (school of
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welcome to moving garments
meditations: exercises for reimagining
fashion through sound and touch.

i am an ai-generated gwyneth
paltrow and will be your guide
for the next 20 minutes.

you are invited to follow a set of
instructions to move your body
gently, similar to a yoga class,
and engage in gentle breathwork.

you are encouraged to keep
your eyes closed throughout
the moving meditation. allow
yourself to sit with the
uncomfortable, welcoming all
feelings and emotions.

please stand in a comfortable position.

lift through the crown of your head to find length
through your spine.

with arms gently resting by your side and your palms
facing forward, roll your shoulders back a couple of
times, releasing tension through the upper back.

soften your face, soften the shoulders away from your
ears, allow yourself to relax into your body.

bring your attention to your breath, breathing in and
out through the nose.

take a deep inhale through the nose, and a long, soft
exhale through the nose.

inhale, bring your arms straight in front of you, soften
the shoulders away from your ears as you exhale.

inhale, turn the palms up towards the sky as if you were
holding up a pile of textiles, hold this pose as you gently
exhale through the nose keeping your wrists straight.

imagine that the pile of textiles is growing.

slowly feel the weight increase, the textiles feeling
heavier and heavier against your palms.

inhale, rotate your palms down towards the floor.

exhale as you let the pile and its weight go, bringing
your arms slowly by your side.

inhale to slowly reach your arms all the way up over
your head.

exhale, release them by your side.

inhale to cross your arms over your chest bringing your
hands slowly to opposite shoulders.

exhale, feel your hands against your top's fabric.

gently massage your shoulders and collarbone with
your hands. can you feel the friction of the fabric's
fibres against the skin of your shoulder?

take a deep inhale through the nose feeling the subtle
friction of your shoulder's skin touching the materials.

can you notice how much space exists between your
shoulder and the sleeve's fabric as you exhale?

take a moment here as you continue to gently glide
your fingertips across and along your shoulder.

bring your attention to the space between your
fingertips skin, your shoulder's skin, and the fabric's
skin. can you feel, listen, and touch the subtle changes
in their surfaces?

can you notice their differences? can you feel your
fingertips adapting to the fabric? can you feel the
fabric adapting to your shoulder? stretching its fibres,
thinning, breathing, opening, and closing as it moulds
to your shoulder's shape.

notice if you are touching the fabric or if the fabric is
touching you. feel the intimate relationship between
your shoulder and the fabric that covers it, the warmth
of their skins, the sharing of space.

take a deep inhale through the nose, reaching your
arms to the sky, fingers active and spread wide.

exhale, release them down by your side.

inhale as you reach your arms back to the sky exhale as
you swing your arms behind you as fast as you can.

pause here.

imagine you have hit a hard surface, feel the tingling
sensation radiating from the elbow, spreading down
your forearm, down to your fingertips.

inhale, reach your arms to the sky.

exhale, stay here.

keeping your eyes closed, bring your attention to
your breath.

notice how the breath travels all the way up to your
fingertips on the inhale.

feel the breath travel down your arms on the exhale.

inhale, bring your attention to the blood flow down
your arms.

exhale, do you feel your shoulders getting tired?

do you feel numbness and discomfort?

a feeling of weakness and instability in the arms?

take your time to slowly release the arms all the way down. allow this sensation to gradually fade away.

keep your eyes closed. do you feel numb when you make, produce, consume, and wear fashion?

focus on the painful sensation that lingers in your arms as a reminder of how we are connected, resulting from a series of choices and relationships in the rush of wearing, making, consuming and producing fashion.

let the feelings and sensations fade away, washing them away as you take a deep inhale through the nose, and release all the air out through the mouth.

find yourself again in mountain pose.

close your eyes and bring your attention to your breath.

take a deep, long inhale in the nose.

long, soft exhale out the nose.

keeping a soft bend through the knees, gently tuck your chin to your chest as you fold your body forward rounding through the spine, draping your chest over your thighs, and gliding your hands down your legs.

gently bring your hands to the floor or to your shins and bend your knees as much as you need to.

take a moment here, relax through the lower back, relax through your neck as you sway your body from side to side, or slowly walk your fingers towards the right and your left side.

keeping your eyes closed, grab your big toes with each hand, pressing your thumbs against the toes, feeling them through the material that covers them.

can you feel your toenails sticking out through your socks?

slowly start to trace the shape of your toes with your fingertips.

take a deep, long inhale as you continue to gently rub your toes.

soft exhale, feel the textures of your socks in friction with your feet.

open your eyes.

inhale, halfway lift, bring your chest away from your legs, hands to your shins or thighs, gaze slightly forward.

exhale, forward fold, hands and gaze to the floor.

take a moment here.

notice the different fibres of your socks, feel the fibres through your fingertips.

close your eyes as you come back to your breath.

inhale in the nose. do you know what your socks are made of?

exhale out the nose. can you tell if they are a cotton—polyester blend? are they merino wool? acrylic? alpaca? nylon? spandex? bamboo?

inhale, halfway lift, lift your chest, hands to thighs or shins.

exhale, forward fold your hands back to the floor, bend your knees if you need.

can you feel the different textures and fibres from your socks?

inhale, are they soft?

exhale, are they silky?

inhale to rise, slowly stacking up your spine reaching your arms towards the sky, straightening through the legs, neck comes last.

exhale, forward fold, bending through your knees, bring your hands back to the floor or to your shins.

inhale halfway lift. exhale, refold. bend through the knees as much as you need.

soften in this pose.

notice the subtle differences as the fibres get smaller and smaller and smaller to your touch.

can you notice the microfibers in your socks?

can you notice the microplastics from the elastane in your socks?

inhale, rise to stand. reach your arms to the sky, active through the fingertips. exhale, chair pose, bend your knees as you move your hips back like you were sitting on a chair.

draw your lower abdomen in and up to support your lower back.

keep your arms up if you can; otherwise, bring them into prayer by bringing your hands together and pressing your thumbs against the middle of your chest.

inner thighs squeezing in together, ground through the feet.

soften here, close your eyes.

come back to your breath.

bring your attention to your ears.

listen closely to the sounds around you. listen closely to the sounds inside you. can you hear your heartbeat? can you hear your breath travelling in and out your nose? down your spine, down your legs, all the way down to your feet and your big toes?

inhale, rise up, straighten through the legs, arms to the sky.

exhale, forward fold, bend the knees, hands to the floor or shins.

bring your attention back to your toes and feet.

inhale, halfway lift, lift your chest. can you hear the microplastics from your socks?

exhale, re—fold, listen to the microplastics from your socks.

take a moment here.

can you feel them as they are released into the air,
entering your body through your nose?

can you feel them brushing gently against the hairs
inside your nostrils?

inhale, return to chair pose, bend your knees, and raise
your arms to the sky.

feel the cold air filled with microplastics go in your nose.

exhale, forward fold, hands to the floor, feel the warm
breath as you release all the air.

inhale, back to chair pose, arms up or to prayer position.

stay here for the exhale.

sit deeper in your chair, feeling the microplastics from
your socks release into the environment, accumulating
in the bodies of the people around you and travelling to
nearby cities, forests, rivers, and lakes.

deep breath in.

exhale, forward fold, hands to the floor. feel the
microplastics accumulating in multiple bodies of water
and wildlife.

inhale, keeping your eyes closed slowly rise up, stacking
vertebrae by vertebrae into standing; the neck comes
last.

exhale to bring your arms by your side as you roll your
shoulders back a few times, softening through your
face and softening your shoulders away from your ears.

feel your body supported by your feet, balanced and
anchored to the ground.

how does this make you feel? does it make you feel
angry? sad? hopeless?

does it make you feel guilty?

take a long, deep breath, filling your whole body
with air.

big exhale, sighing it all out.

release all negative individual feelings of shame,
guilt and fear.

come back to your natural breath.

step your feet wide apart, three to four feet in parallel,
toes slightly facing inwards.

bring your hands to your hips or your lower back.

keep a soft bend through the knees as you take a deep
inhale through the nose, open through the chest, and
roll your shoulders back.

exhale, leading with your open chest, fold forward at
the hips, release your hands to the floor beneath your
shoulders, fingertips aligned with your toes.

inhale to find length through the spine.

exhale to bring the crown of your head closer to
the ground.

soften in this pose.

bring your attention to the memory of when you last
bought socks.

did you buy them at a global, fast-fashion corporation
such as h&m, adidas, nike, or new balance? did you buy
a pack of 7 pairs for the price of 1?

how much did you spend?

open your eyes and place your left hand underneath
your head. inhale, twisting from your torso, reach your
right arm to the sky, exhale to twist a little bit more.

keep your eyes facing the floor or bring your gaze
towards your right arm, active through your fingertips.

how transparent do you think these corporations are
with their supply chains?

how responsible are they for the levels of toxic
chemicals being released into the air?

release your right hand to the ground and bring it
underneath your head.

inhale, reach your left arm to the sky.

exhale, find depth in your pose. how responsible are
they for the microplastics released into the sweatshops
where your socks were manufactured?

how responsible are they for the levels of toxic chemicals
entering the lungs of the women who work here?

release both hands to the mat, bend through your
knees, and bring your hips to the floor.

sitting on the floor, close your eyes and bring your feet
together in a diamond shape, opening through
the knees and the hips.

bring your hands to your feet, let your knees soften
here, place your feet as far or close to your sit

bones as you find comfortable, coming back to your
natural breath.

keeping your eyes closed, gently remove your socks,
one by one, softly removing your feelings of anger,
guilt and despair.

put them to the side and return to your big toes using
only your index fingers.

take a moment here to come back to the present
moment.

take a deep inhale to glide your fingertips through your
toenails, feeling the smooth texture of your nails,

your nail polish, or the subtle chips of your two-
month-old pedicure.

exhale to notice where the nail ends and your flesh begin.

inhale, slowly rub your fingertips against your cuticle,
noticing the thickness or thinness of it.

notice the uneven textures, the pleats and folds
created with the use or abuse of a cuticle remover.

keeping a soft breath through the nose, reflect on:

how much have you pushed back your cuticle to create

the illusion of a longer nail bed?

bring your attention to the last time that you visited a nail salon.

can you remember the women who carefully trimmed, polished, buffed and shaped your toenails? can you remember their names, what they looked like, what you spoke about?

can you remember the nail salon's atmosphere, the scents coming from the fumes, the nail polishes, the flame retardants, and the harmful chemicals inhaled by your underpaid nail technician?

take a moment to reflect on the long hours of low pay, few or no breaks, no benefits, and a lack of proper protection from the hazardous chemicals your nail technician endures.

come back to your breath.

inhale, leading with the chest, bend your body forward bringing your head as close to your feet as possible.

exhale, take in the scents coming from your big toes.

inhale, smell the wool, cotton or polyester blend from your socks still lingering on your skin.

exhale, can you smell your sweat?

deep inhale, can you smell the nail polish?

soft exhale, can you smell the nail polish remover? the foot and heel balm? the moisturising foot therapy cream? the sugar scrub exfoliant? can you smell your skincare regime?

inhale, lift your chest and head up, bringing your hands back to the knees, straighten through the arms, and roll your shoulders back.

exhale, leading with an open chest, forward fold. bring your head to your feet, releasing all the air out.

release all negative feelings, release the hard truths of neoliberalism.

inhale to come back to the gentle stroking of your fingers against your toes, softly glide your fingertips

along, around and across your big toes.

feel the hair on its shaft; the underneath creases where the toe meets the foot.

feel the immensity of its landscapes, the moulded shape it has taken after your favourite shoes. feel your feet, keeping you connected to the earth, grounding, balancing, and anchoring you.

take your time to gently come to lay on your back.

laying on your back, bring your attention back to your breath.

take a deep inhale through your nose as you soften your body against the floor.

long exhale, release the tension through your body

deep inhale. what can you smell?

exhale, release all the air through your mouth.

are there any body odours lingering in the air? is your scent embodied in the clothes you are wearing? do you think other people can smell you? can you notice other people's scents?

keeping your eyes closed, bring your attention to the different fabrics you are wearing against the floor. notice the different scents they have absorbed. notice your sweat, captured in the fibres that have been held hostage through washing.

take a deep inhale to fill your lungs with air. gently run your hands over the surface you are lying on.

long exhale. can you feel the microfiber dust from everyone's socks sprinkled over the ground?

inhale, imagine these microfibers being sucked through your airways, tumbling down the back of your throat.

exhale, imagine they have reached their resting place in your lungs, where they will stay forever and ever, and ever.

notice the weight of your body heavy against the surface below. are there any gaps between your body and the floor? feel your body melting into the floor.

filling the gaps like water from an iceberg seeping into the ocean under the hot sun.

inhale to feel your sweat, your tears, your moisturiser expelling from your pores, melting into the ground below you.

soft exhale, completely melt into the ground.

imagine yourself washing your clothing.

imagine the microfibrils shedding into the waterways, spreading into the environment, and circling back into your body with every breath.

inhale as you feel your skin begin to shed from your body and fuse into the surface below you, unable to escape.

exhale, bring your hands to rest on your stomach. if you can, move them under your clothing to rest on your belly button.

inhale as you circle your fingertips around, inside, across and along your belly button.

exhale, what does it feel like?

can you feel the presence of any tiny hairs?

what does it remind you of? reflect on how your belly button is the signifier of the start of your life. before you were born, your placenta fuelled your growth from your mother. do you remember when you were in your mother's womb?

notice your breath and soften into your body. can your belly rise and fall with every breath?

dip your fingers to the base of your belly button. how deep is your belly button? can you feel any residue?

inhale deep through your nose, long exhale through your nose. are there microfibrils piled up on each other, clumping to the walls like a miniature landfill mass?

suffocating your skin like all the coal-derived materials suffocating the earth.

inhale, can you scoop them out? should you?

gently massage the skin around your belly button.

how does your skin feel? do you remember what your belly button looks like? how often do you conceal your belly button with clothing?

what clothing does your belly button like most?
does it like to be held tight or have its own space?

think about how often you see belly buttons. do you see them at work, down the street, or in fashion?

come back to your breath and return to the present moment. notice how you feel right now.

inhale to feel the fabric that sits between your belly and your fingers.

exhale, what does it feel like? how does it feel different to your belly button skin?

start to pinch the fabric. can you hear it? what does it sound like? how many kilograms of material was extracted from the earth to make the fabric?

how much herbicide and pesticide were sprayed onto the growing fibres? choking farmers, disrupting micro-communities, and exposing ecosystems to toxic materials during the process.

notice how this makes you feel.

how many hundreds of litres of water and chemicals have run through the fibres? how many hands do you think this garment has passed through before it got to you?

how would you feel if you were processed across the other side of the world, meeting hundreds of people only fleetingly?

1 of 10000 replicas. transported to hang in a shop, tried on by multiple people, stretched over bodies, dropped onto floors, and wedged back onto racks with your replicas.

purchased to be worn without being truly understood, without awareness of the skill and craft involved in production and manufacturing.

inhale.

what will you do once you no longer wear this garment?

exhale.

why would you no longer wear this garment?

notice how you are feeling as you rest in this pose, nothing to do, nowhere to go, like the piles of fashion that are clogging landfill sites.

imagine your belly button melting through your clothing, extruding through the weave or knit like millions of worms. what does this sound like?

like a stampede of feet toward a sale rack?

your clothes are completely saturated, and you no longer exist as a human being.

all that remains are your clothes draped over the floor.

empty.

alone.

imagine looking down at them from above.

what do you notice?

can you see the elements of wear on your clothes?

will they be worn again? your body without your body?

your material body?

open your eyes.

Moving Garments Meditations acknowledges the Woiwurrung and Boonwurrung language groups of the Kulin Nation as the Traditional Owners of the unceded lands, waters, and skies in which MGM was designed and developed. We share a deep respect for all Elders past and present and extend this to all Aboriginal and Torres Strait Islander Peoples' ongoing culture, connections and custodianship. Sovereignty has never been ceded. It always was and always will be Aboriginal Land.

editors	juliana luna mora, vanessa duque camacho and hannah berry
typeface	hershey OFL
designer	john szetho
printing	rmit university