

LERA NOIR

A GENTLER WAY TO SEE

The Art of Seeing Yourself

Two gentle five-minute practices
for a softer way of seeing.

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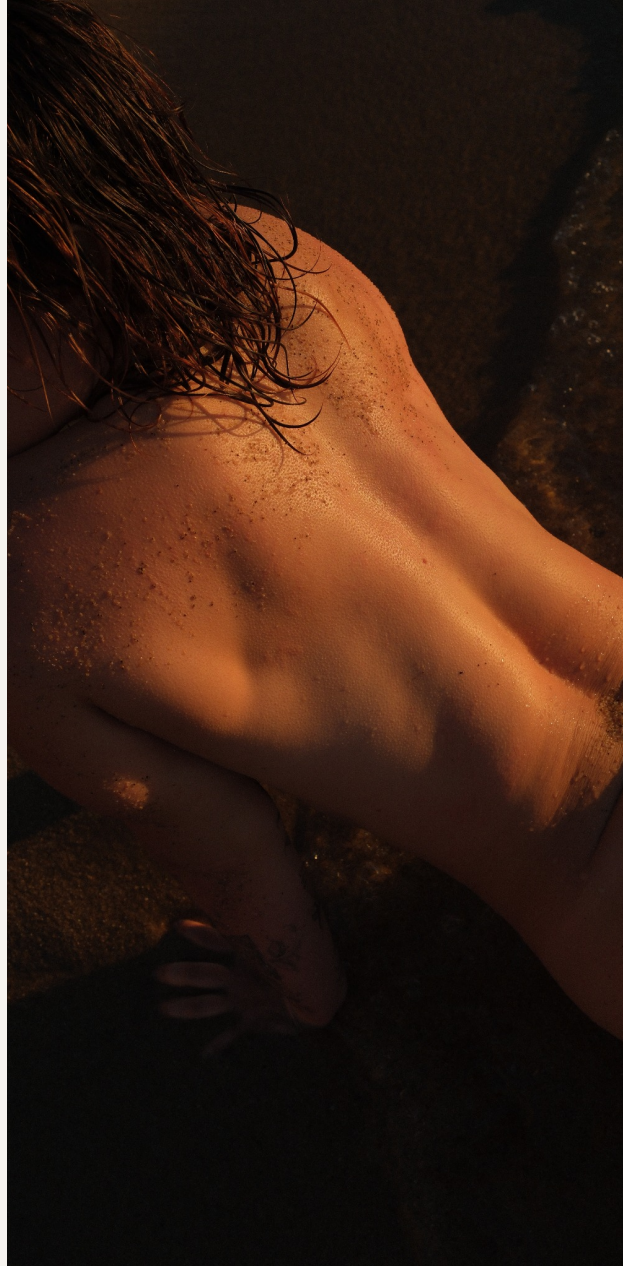
You are more than an image.

I photograph women in the moments between poses: when the shoulders soften, the breath returns, and there is nothing to prove.

I believe being seen can begin long before a camera appears. It begins with the way you meet yourself.

These two small practices are an invitation to pause and look again, with curiosity and tenderness.

With warmth, Lera





PRACTICE 01 / FIVE MINUTES

Feel Before You See

A pause before the mirror.

- 01 Put your phone down. Sit or stand somewhere comfortable.
- 02 Close your eyes. Feel your feet, your breath, your body as it is.
- 03 For a few breaths, place one hand where you feel most supported.
- 04 Ask: "What do I need right now?"
Listen without trying to fix anything.

Let the feeling come before the image.

Through Loving Eyes

A different way to meet your reflection.



- 01 Look in a mirror, softly. Notice one detail without judging it.
- 02 Imagine looking at someone you deeply love. Offer yourself that gaze.
- 03 Say quietly: "I am allowed to be seen as I am, today."
- 04 Notice how your body responds. You do not have to feel anything special.

Take this gaze with you into the day.



AN OPEN INVITATION

Come as you are.

My art nude sessions begin with conversation and space to settle into yourself. We can start fully clothed; every step is your choice.

No perfect pose or perfect body is needed. Just you, as you are in this moment.

If you feel curious, write to me.
I would love to hear your story.

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