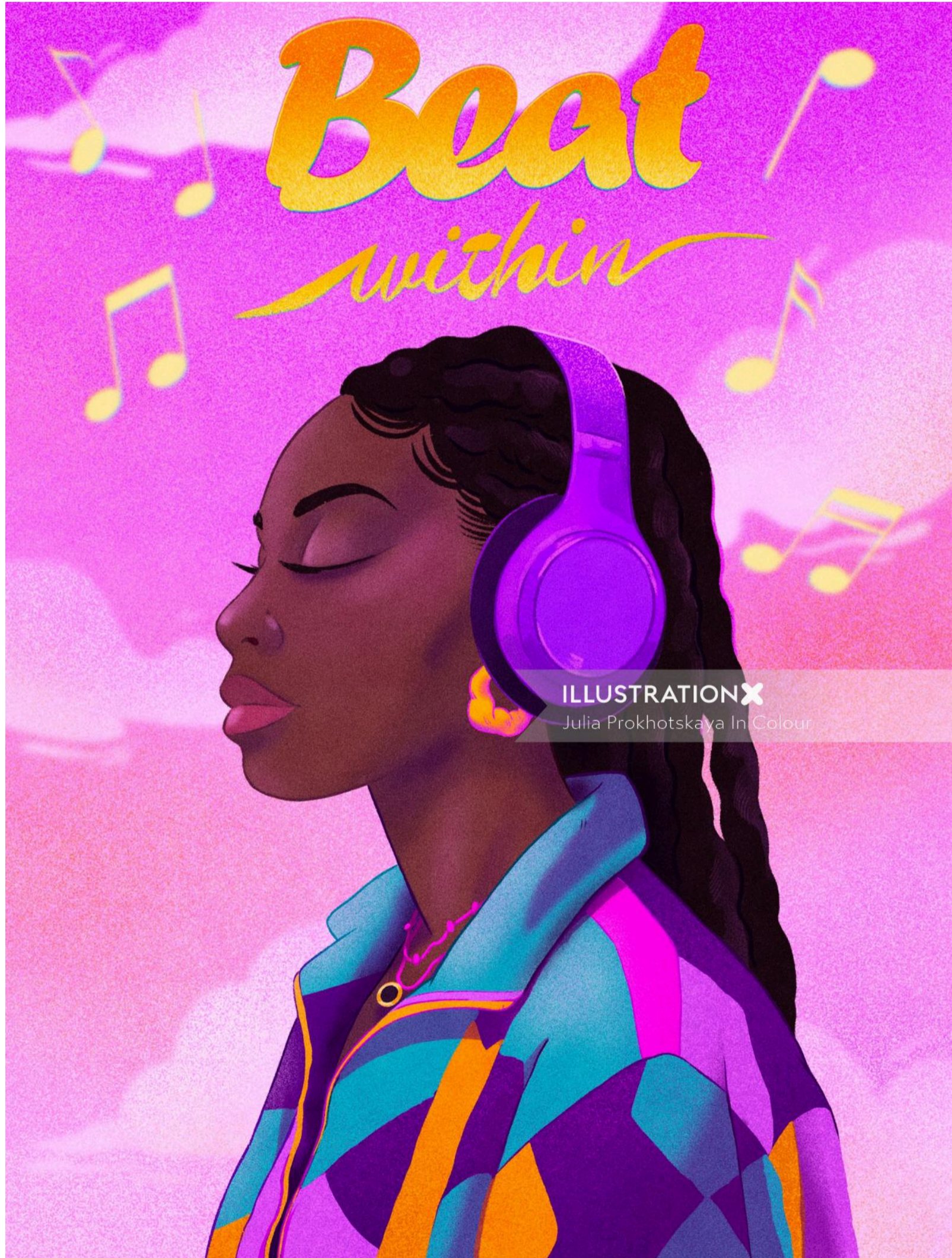


Bienvenido a mi portfolio

# Julia Prokhotskaya In Colour

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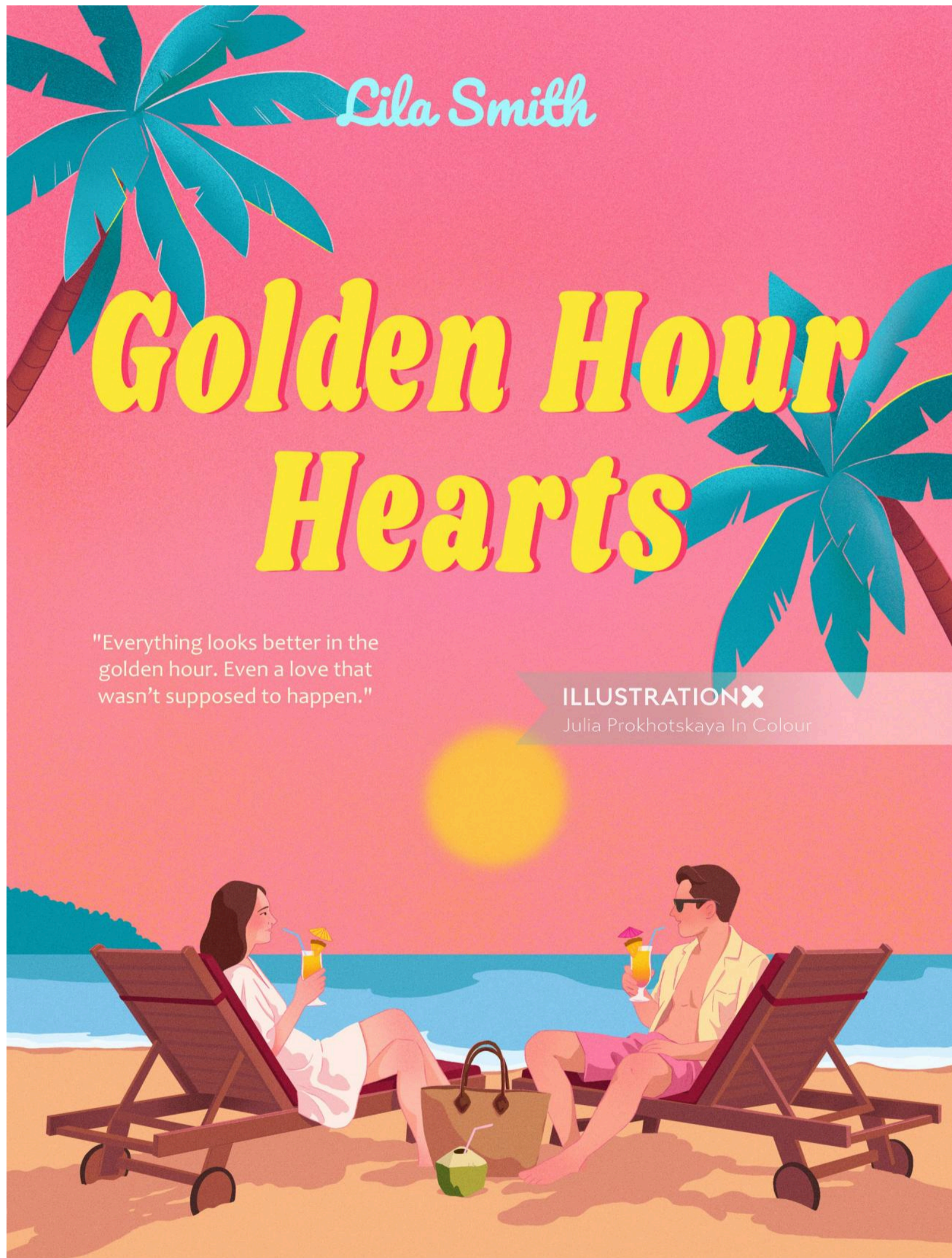
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Lila Smith

## Golden Hour Hearts

"Everything looks better in the golden hour. Even a love that wasn't supposed to happen."

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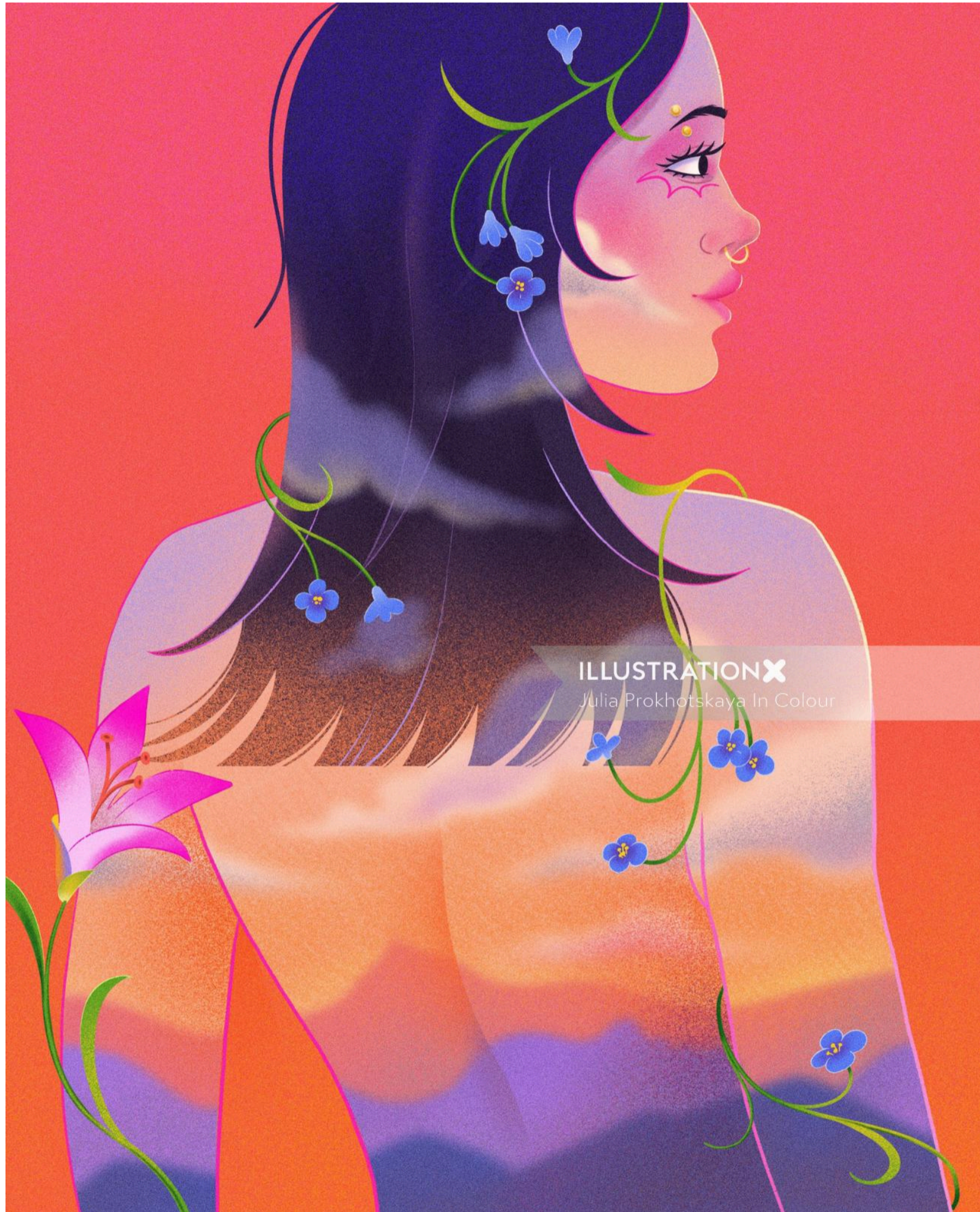
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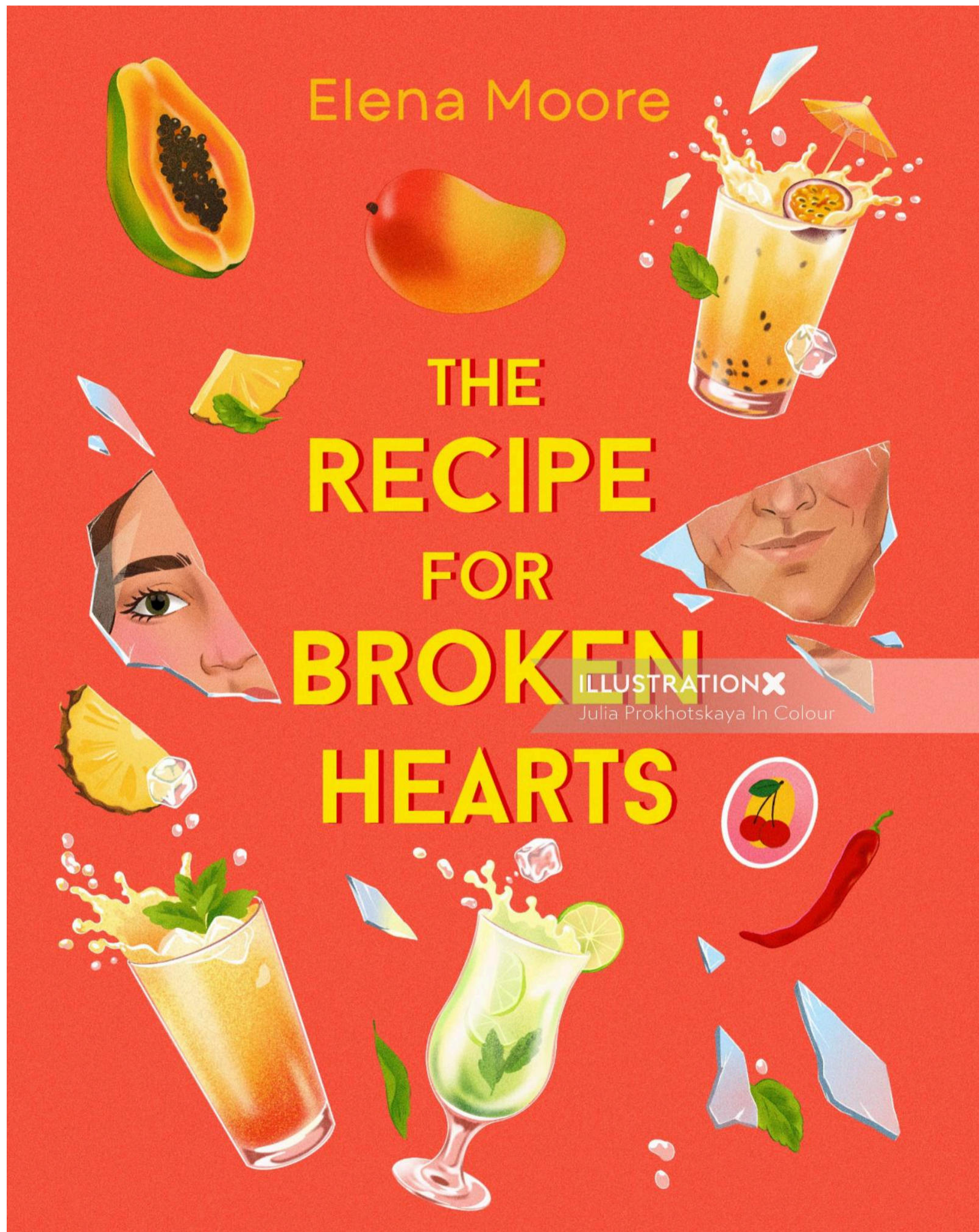
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## Not Enough

SOCIAL MEDIA PUSHES US TO CONSTANTLY COMPARE OURSELVES, NOT ONLY OUR WORK BUT ALSO OUR BODIES AND LIVES. FOR MANY WOMEN, THIS CREATES INVISIBLE PRESSURE TO LOOK EFFORTLESS AND HAPPY AT ALL TIMES, WIDENING THE GAP BETWEEN WHO WE ARE AND WHO WE THINK WE SHOULD BE. STEPPING BACK AND QUESTIONING THESE STANDARDS CAN BE A POWERFUL ACT OF SELF-CARE.

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Lila Hart

## SHARED SECRETS & Pilates



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“True friendship is the quiet space  
where we can stretch, breathe, and  
share our secrets.”

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Lila Monroe

# NO THANKS

"I'm busy doing  
nothing."

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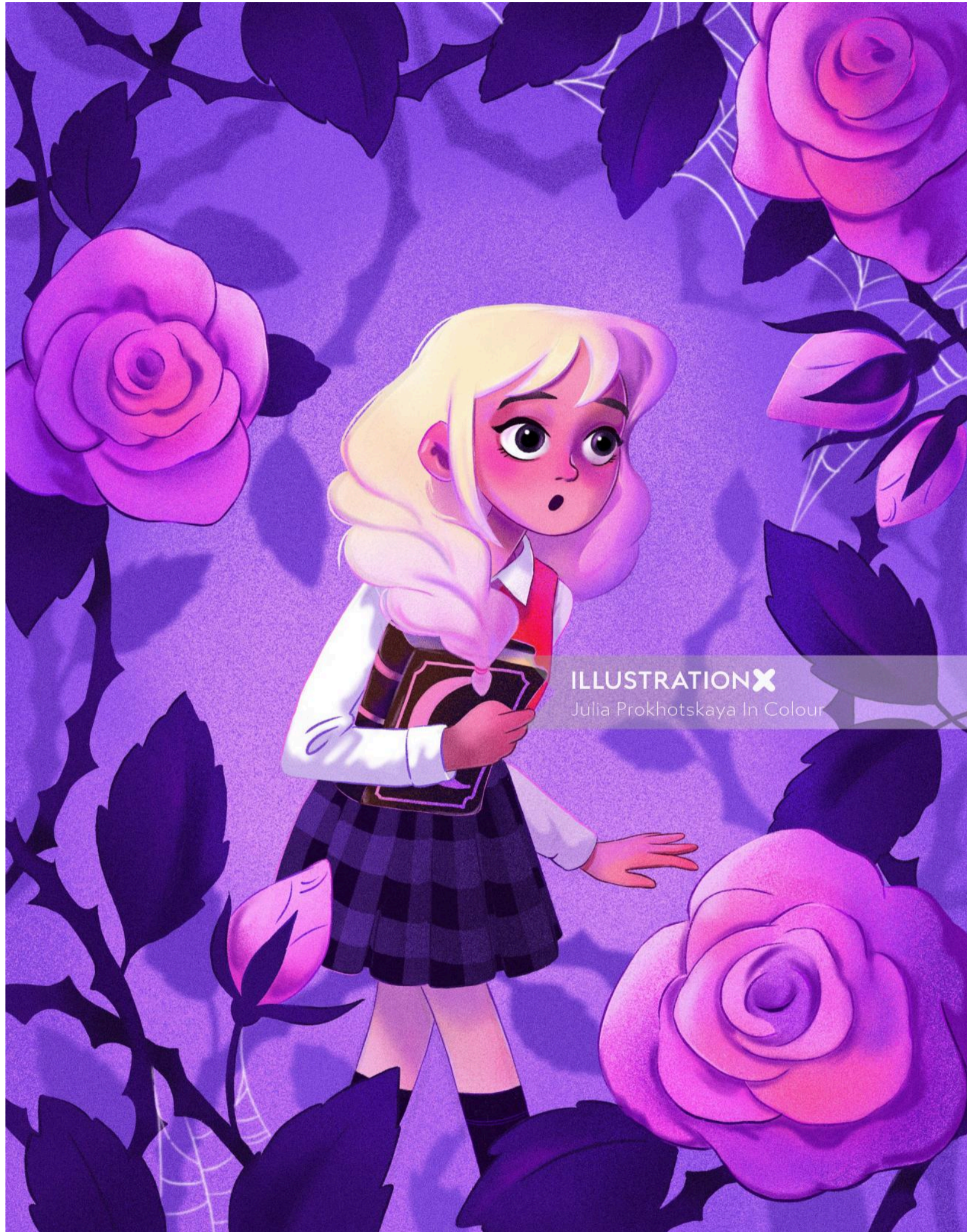
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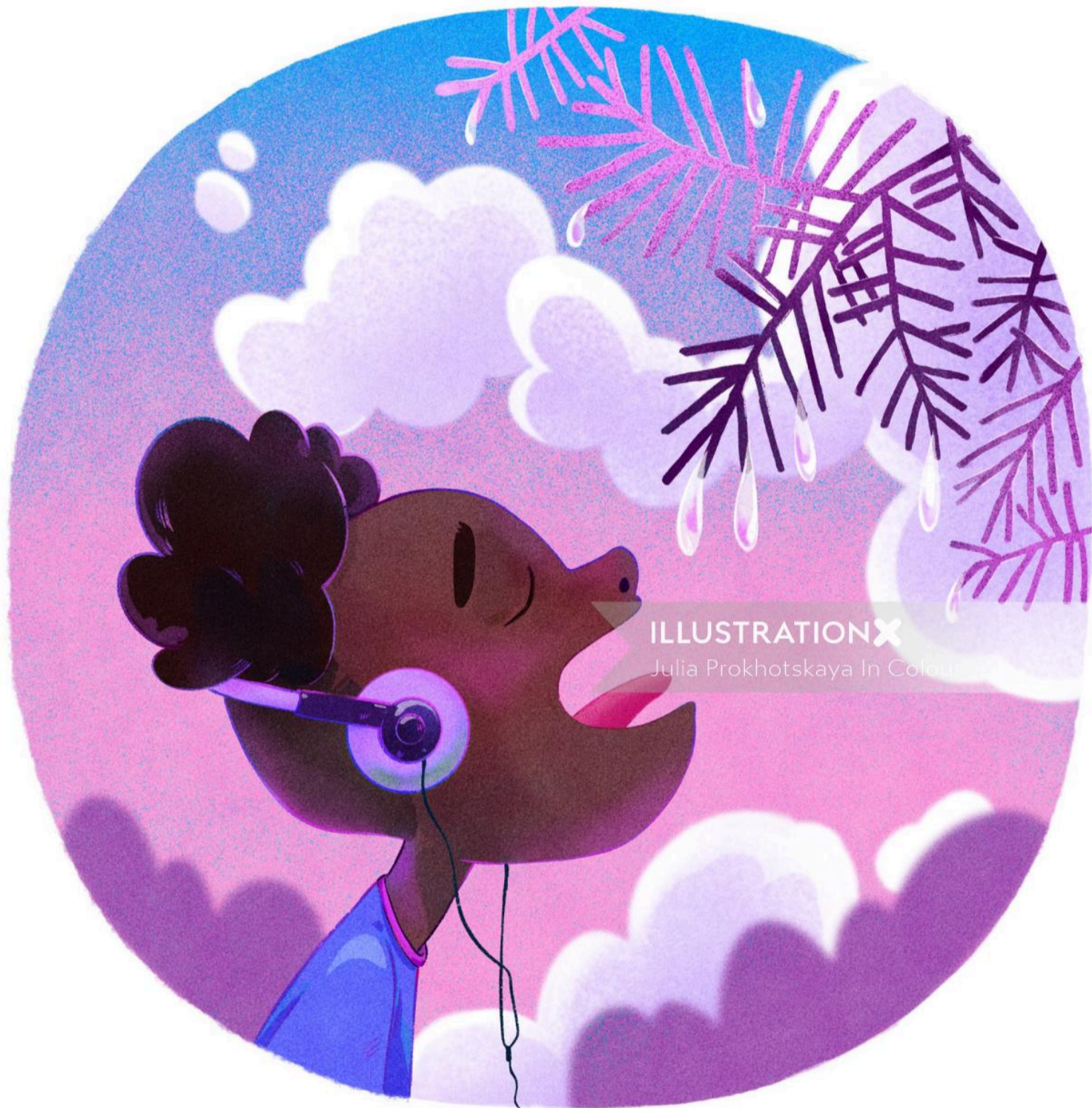
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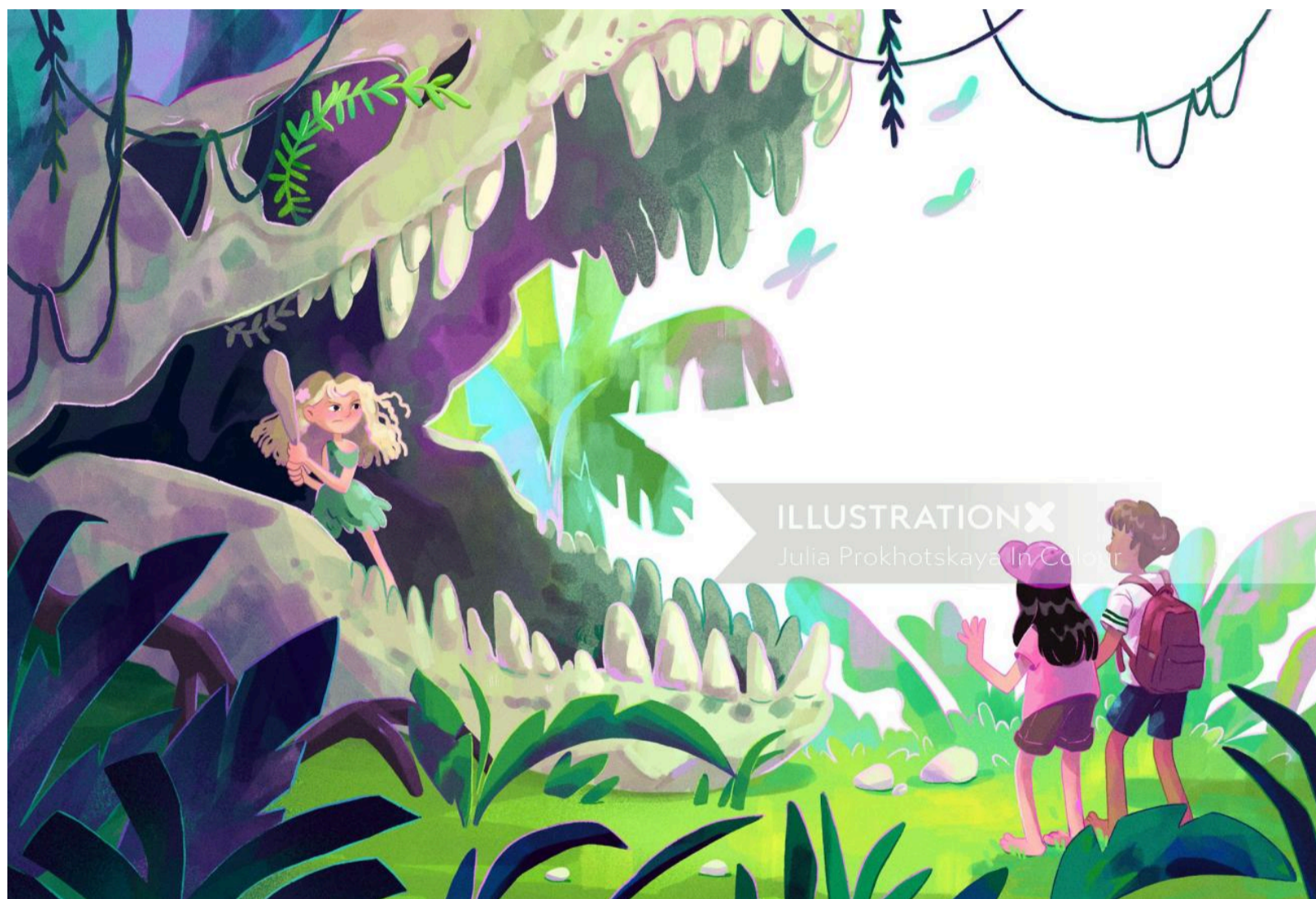
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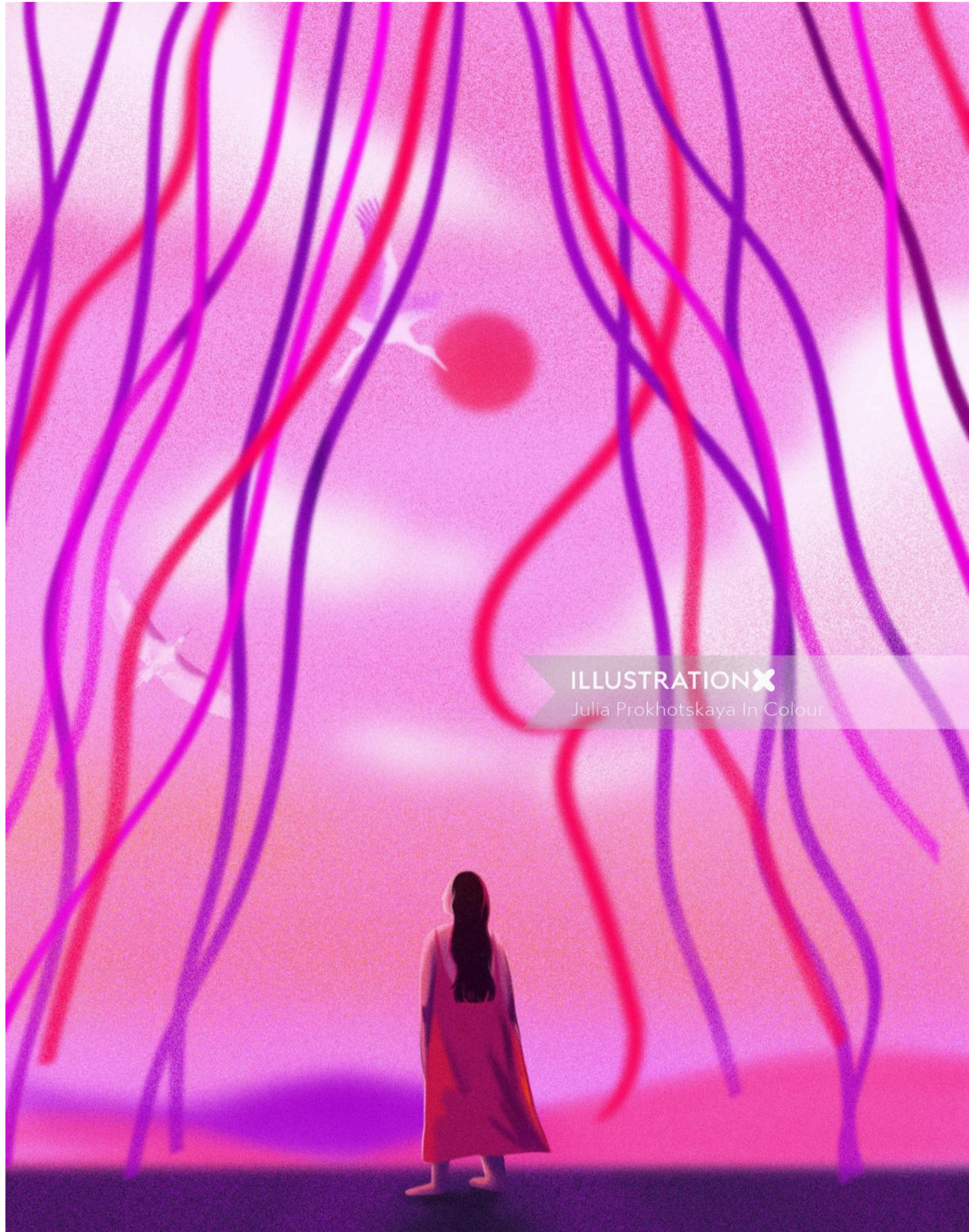
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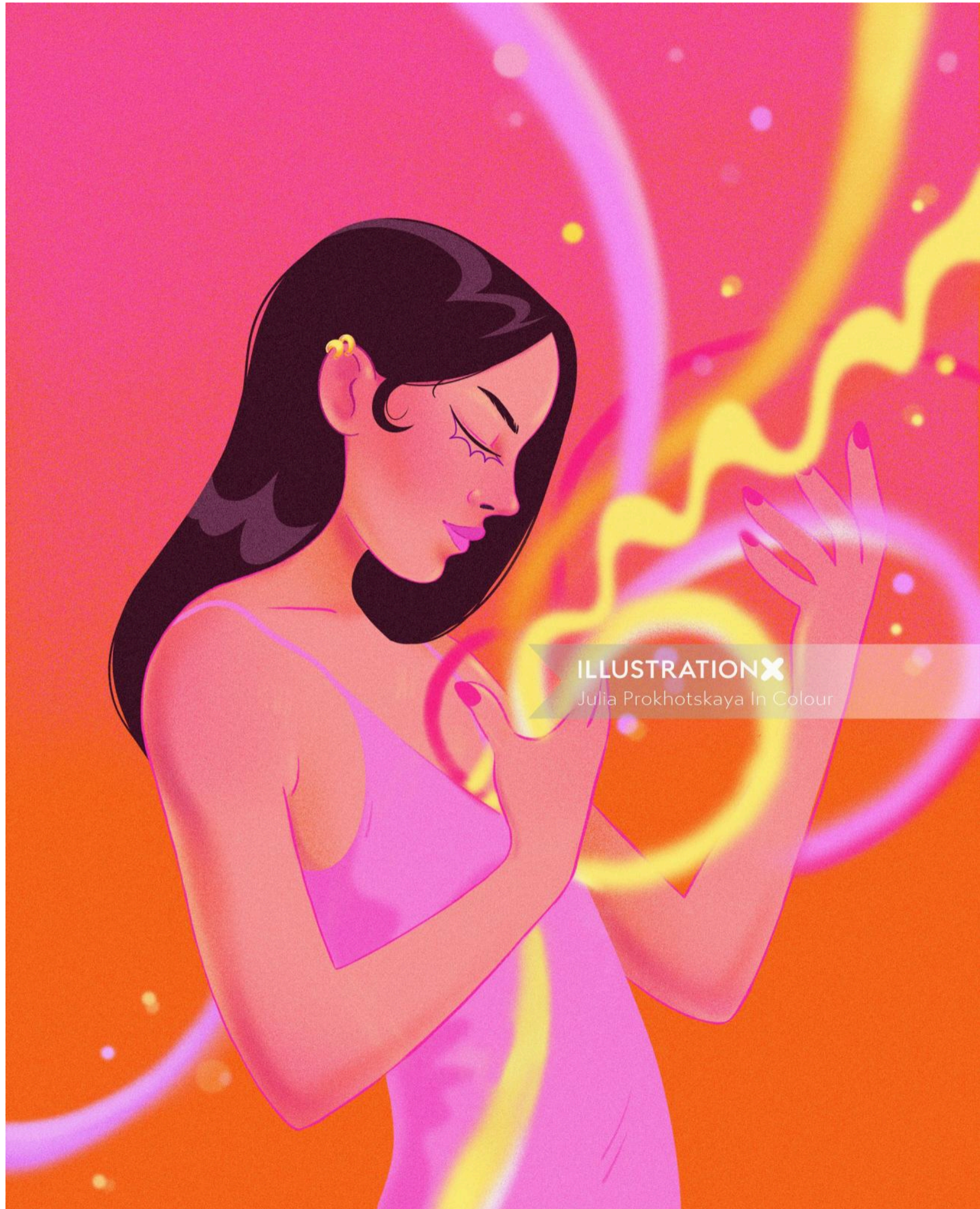


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