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MOVEMENTO

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I believe that every person goes through a metamorphosis in life. For me, stepping onto the athletics track – initially with the simple idea of losing weight – became an experience that transformed my entire world. The lessons I learned from the sport go far beyond the track itself: willpower, patience, and discipline. Athletics taught me that our thoughts – whether victorious or defeatist – shape the reality around us. The athlete who believes in victory and continues despite circumstances and emotions is, ultimately, the true winner.

The Movemento collection is inspired by this very journey of the athlete – physical, emotional, and mental. It examines athletics by exploring the movement and techniques of different disciplines. The research includes the origins of the ancient Olympic Games and the evolution of athletics into its contemporary forms, serving as the foundation for the collection’s inspiration.

The aim of the study is the creation of a capsule women’s collection that interprets the physical, emotional, and mental aspects of the athlete’s journey. In the experimental phase, I tested various shapes, constructions, and materials inspired by the dynamics of disciplines such as running, long jump, high jump, and throwing events. An original textile technique was developed from filled yarn (60% polyester, 40% cotton), resembling marshmallow in structure and tactility. Through zigzag stitching, a textile was created and used for the construction of a dress and tops.

The collection combines cotton, polyester, and nylon, balancing aesthetics between sportswear and hand-crafted knitwear. The forms and constructions translate the movements of athletics – for instance, a “turtle” jacket that interprets the body in motion during the long jump.

The Movemento collection demonstrates that clothing can be more than a material object – it can become a storyteller of movement, willpower, and the overcoming of limits. Inspired by the athlete’s journey, it captures the dynamics of physical effort and transforms it into a strong visual language that speaks for itself. Here, fashion becomes a space of freedom, where the body and the garment exist in continuous dialogue.



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