



Undressed Press

Nude Stories

I Love Being
Nude

Nude Yoga

Warning, Nudity!

Spencer Tunick

Why I love being nude: The health benefits of being a nudist



Cherie Lidbury talks about how she feels more comfortable without clothes.

- Who doesn't love the thrill of being naked? Whether it be walking around the house sans clothes when you're home alone or that time you threw caution to the wind and went skinny dipping, there's something intimately freeing about getting your gear off.
- While for most of us nudity is about all about a moment of spontaneity, for some it's a permanent lifestyle choice. To read more about this story, click [here!](#)

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Nude-yoga fans shed body-image shame along with clothes



Mention nude yoga to the average person and you're likely to get a giggle or a squirm, or maybe a joke about downward dog. Ask Amy Patterson and she might giggle too, or show an interesting pose she discovered on Instagram. But she also gets serious.

Naked yoga, she said, "has absolutely changed my life." "Prior to this practice I, like most women, really struggled with a lot of body-image issues and constantly not feeling like my body is good enough, not beautiful

enough, not fit enough, not thin enough," she said. "And I come to this practice and most of those thoughts have pretty much been eradicated from my daily life." To read more, click [here!](#)

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Featured Stories

WARNING NUDITY: Vet students go starkers for charity

IF YOU are part of the 2017 James Cook University Veterinary Science class, chances are you have posed naked for a photo shoot.

When the JCU vet students started planning their end of year ball, the idea of making a nude calendar was suggested as the perfect fundraising concept, and eventually 40 out of their class of 64 chose to strip down. Student Chloe Trompf said it was not hard to convince the fun bunch of students to get their kit off. "So back in 2015 at JCU, the graduating class did the first version of Vets Uncovered," she said.



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Spencer Tunick Meets the Dead Sea



Spencer Tunick had his models pose inside of a sinkhole at the Dead Sea to spread awareness of the growing sink holes. We should all be working together to make the planet a better place. Click [here](#) to read the full article.

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The sunbirds come back next Spring. See you then!



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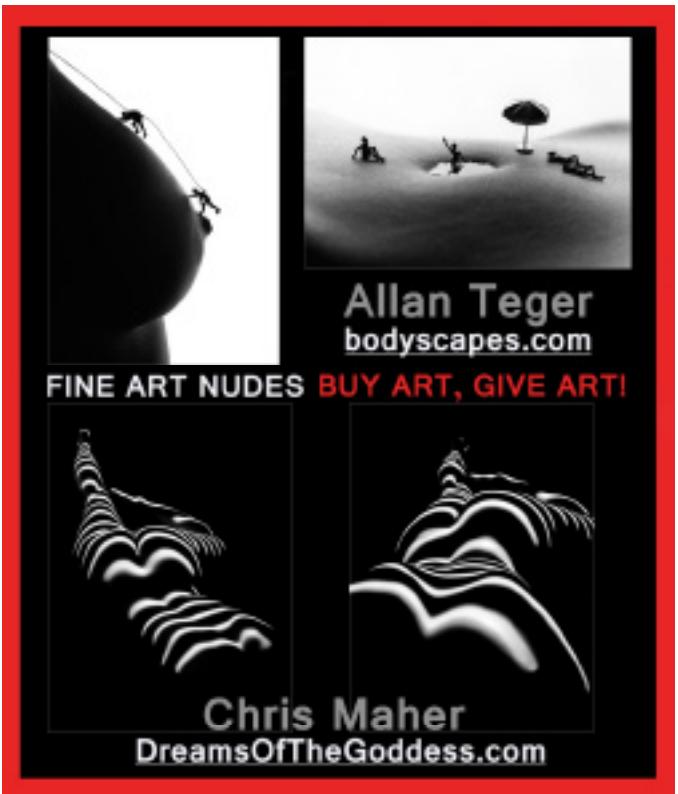
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