



A REFLECTIVE CEREMONY FOR PASSING DOWN CLOTHING

PHOTO-DOCUMENTED
MEDITATIONS

EXPERIENTIAL FILM SCREENING WITH SOMATIC MOVEMENT

Changing Room

FAST FASHION X
MARINE LIFE TRIVIA

“What does criticizing our bodies have to do with climate change?”

History

In 2023, we became the world's first known organization to use somatic movement to address clothing overconsumption.

Whereas many projects have already pronounced fast fashion a climate change villain, we bring home how that villain is connected to our inner selves.

Many of us judge our bodies harshly and hope that clothes will solve for the voids or surpluses our bodies supposedly have. Can all the clothes-buying end, if we are not first satisfied with ourselves? *What does criticizing our bodies have to do with climate change?*

To address these questions, we made a film funded largely by the National Geographic Society and Kickstarter backing and screened it at The Projector, Singapore, with funds from the Singapore Ministry of Sustainability and the Environment. Our screenings come with somatic movement sessions that invite the audience to consider these questions themselves.

Bangkok, Thailand

Full Programming, with audience interaction from 9 a.m. to 9 p.m.
on Aug. 17 and 18. **Bangkok kickstarts our international expansion.**

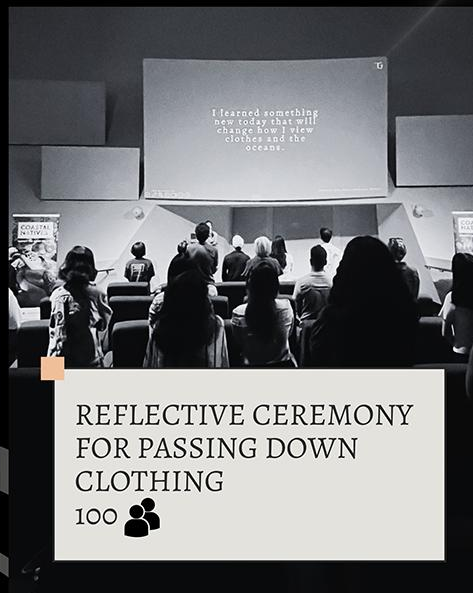


PHOTO-DOCUMENTED
SOMATIC MEDITATION

68 

FAST FASHION X MARINE
LIFE TRIVIA

160 



REFLECTIVE CEREMONY
FOR PASSING DOWN
CLOTHING

100 

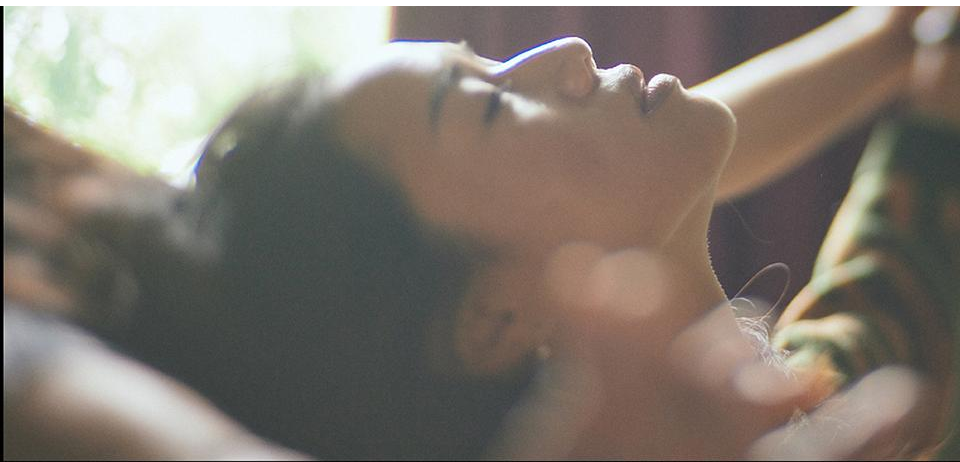
FILM SCREENING +
SOMATIC MOVEMENT

160 





Crispian Chan, selected Changing Room Photography



TWO GLASSES LLP

the company behind Changing Room

Two Glasses LLP — better known as “Two Glasses” — tackles environmental issues in multidisciplinary ways, believing that silos do more harm than good. The studio was co-founded by Thammika Songkaeo and Tan Xin You in January 2023, and has already been mentioned in Singapore’s Parliamentary Sitting.

A recipient of the Ministry of Sustainability and the Environment’s SG Eco Fund, the company produced Changing Room in Singapore using a grant from the National Geographic Society, a successful Kickstarter campaign, and private funding. After Bangkok, Changing Room will activate in Tokyo and Zurich in 2025.





THE TEAM



Thammika Songkaeo
National Geographic
Explorer, Writer &
Producer

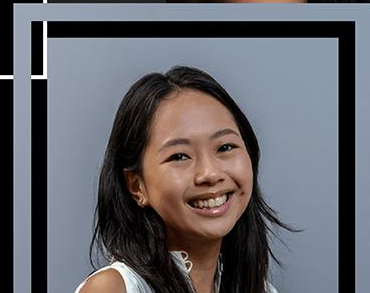
Adelene Stanley
Award-winning Movement
Artist & Founder of The
Dance Circus

Crispian Chan
Singapore's leading
Theater and Dance
Photographer

Cat Costa
BKK-based Photographer
and Videographer invested
in women's issues

Win Hongjamrassilp (TBC)
National Geographic
Explorer, Chulalongkorn
University Faculty

Erin Gunanto
Singapore-based Changing
Room Head of
Communications



Team Spirit Thailand and **The HOME BKK**
are excited to be joining this inspiring project and have arranged
a special GROUP Discount and Access All Area Pass

*Use Promo Code: **TEAMSPIRIT***

For Tickets: Visit www.ticketmelon.com/changingroomproject
Tickets range from 750THB to 1550THB.

Media Contact:
Erin Gunanto
Head of Communications
Changing Room
Email: erin@changingroomproject.com
IG: [@changingroomproject](https://www.instagram.com/changingroomproject)

Trivia:



COASTAL NATIVES

synthesis

AQUILA
CLEAN ENERGY

Changing Room, Film:



**NATIONAL
GEOGRAPHIC
SOCIETY**

THE PROJECTIONS

