

# **CONSULENZA D'IMMAGINE**

**LE FORME DEL CORPO  
(BODY SHAPE)**



**L'ARCA**  
psicologia • psicoterapia

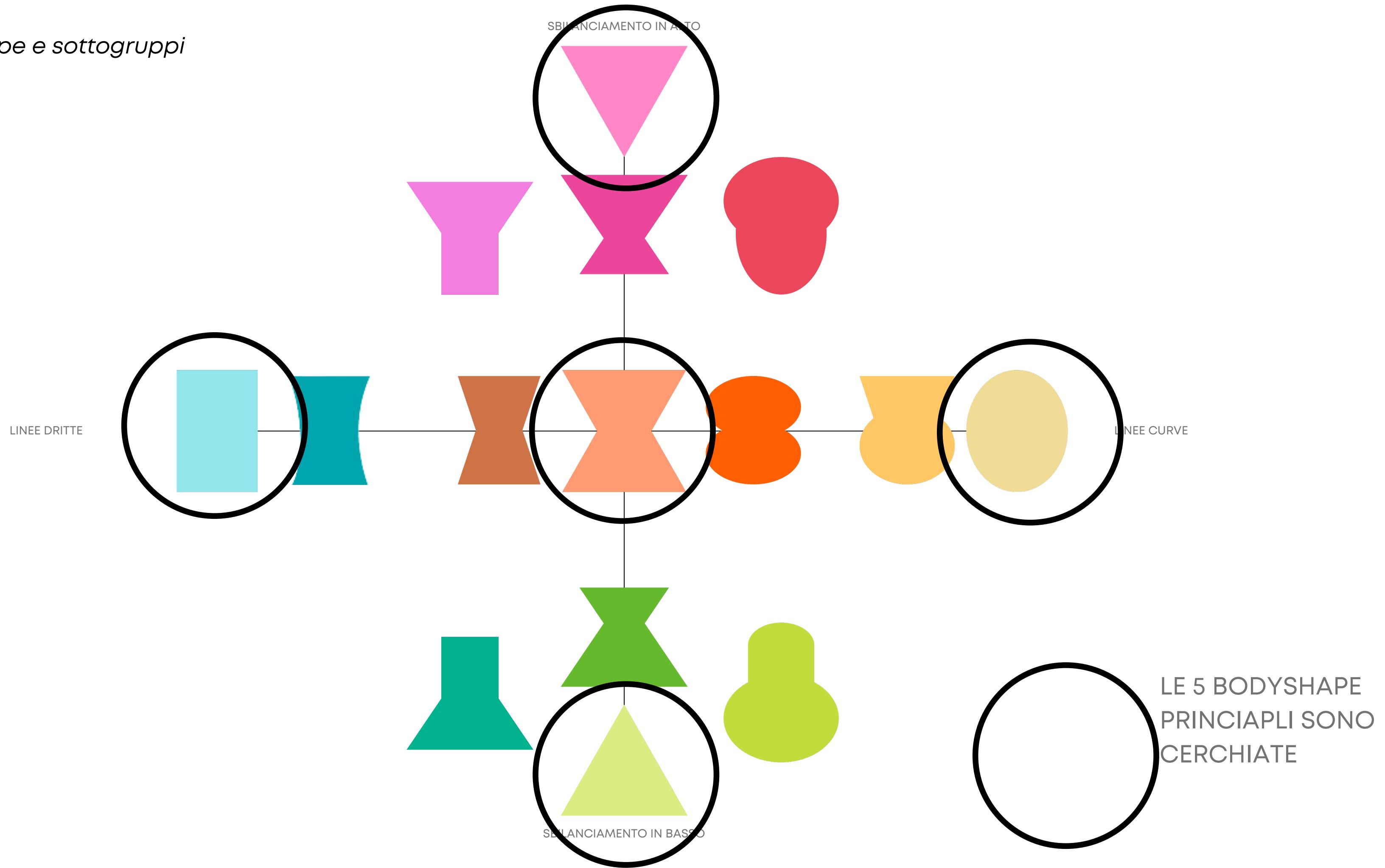
# ACCETTAZIONE E VALORIZZAZIONE

Ogni corpo può essere  
valorizzato seguendo delle  
regole percettive.

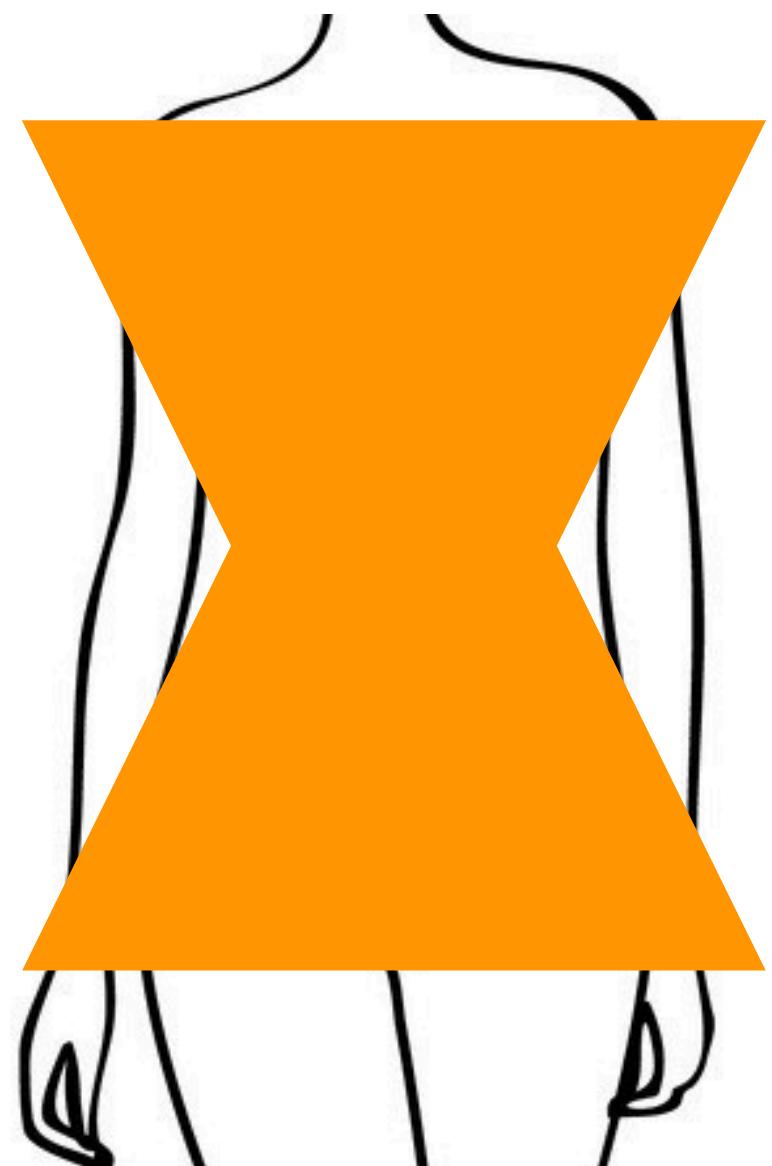
**Le 5 body shape  
femminili**

**LA CLESSIDRA  
IL TRIANGOLO INV.  
IL TRIANGOLO  
IL RETTANGOLO  
L' OVALE**

## Bodyshape e sottogruppi



# CLESSIDRA

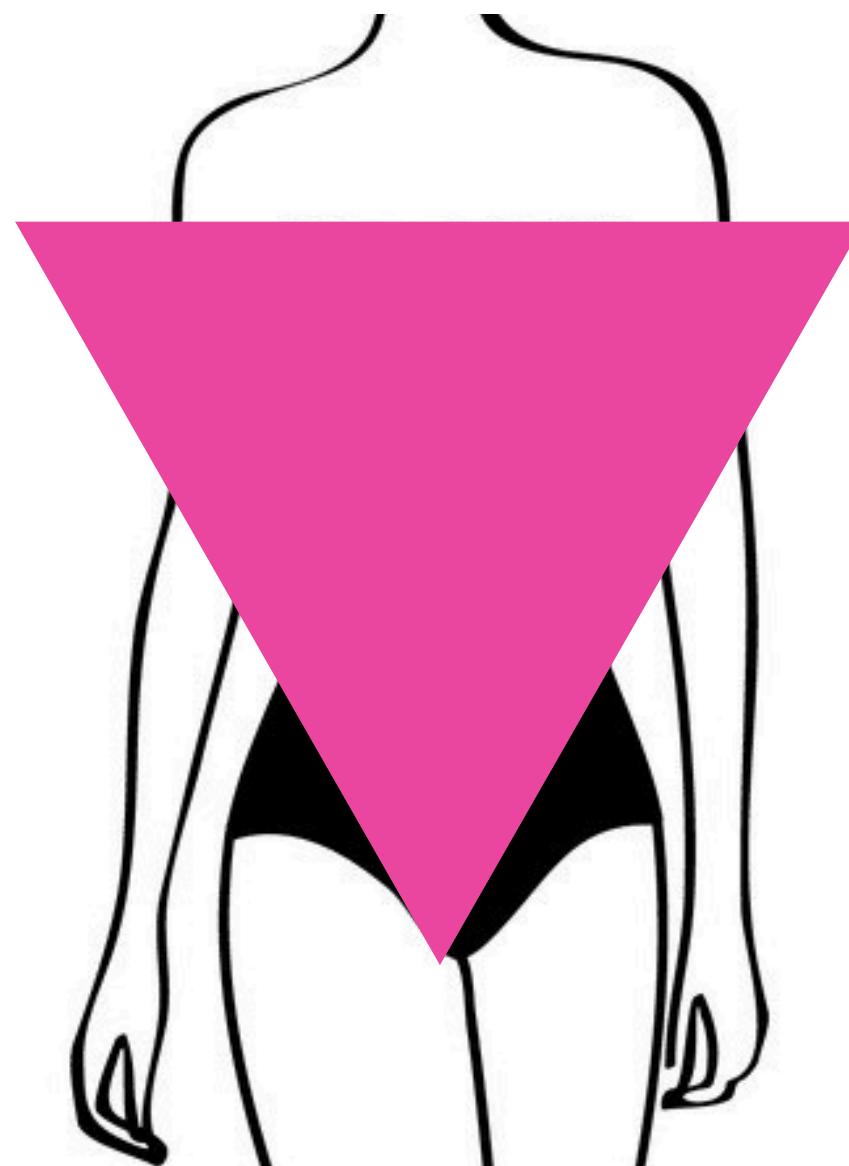


Candice Swanepoel



Christina Hendricks

# TRIANGOLO INVERTITO

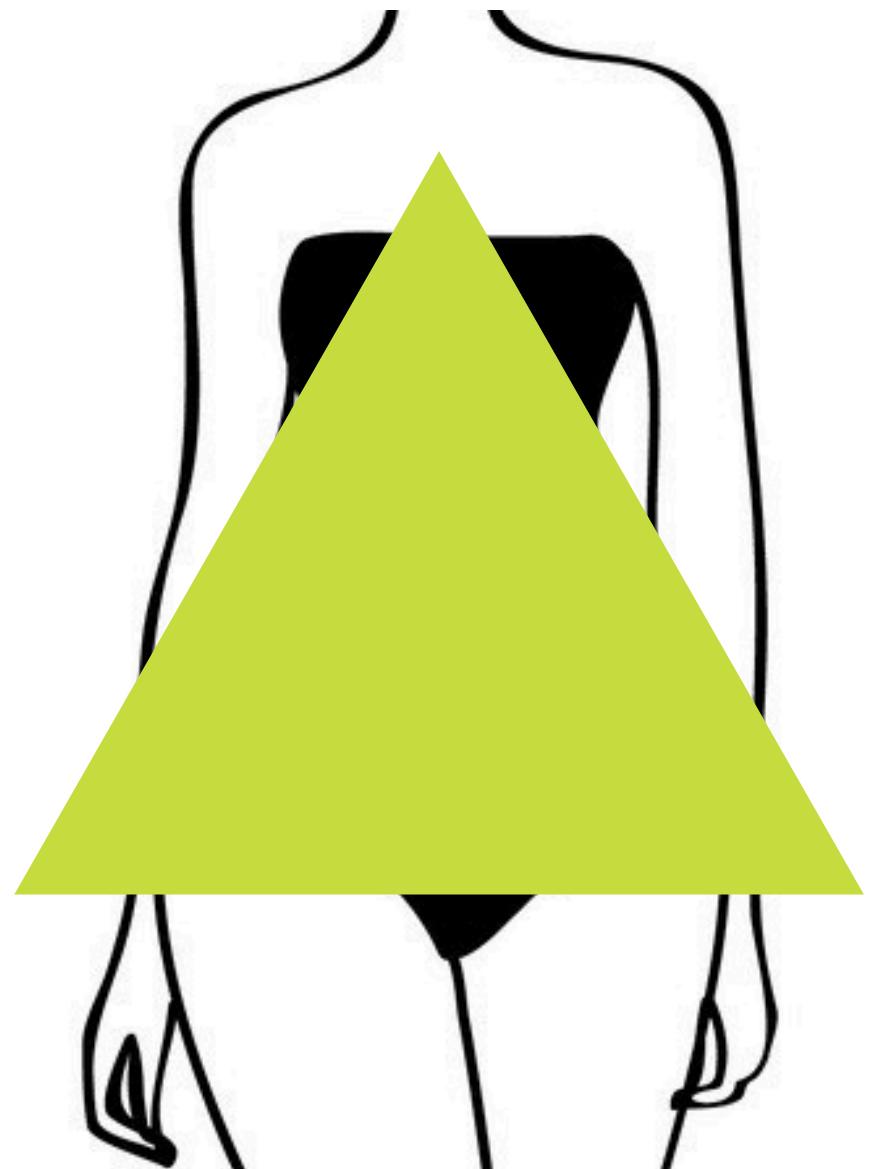


Caroline Vreeland



Sherri Shepherd

# TRIANGOLI

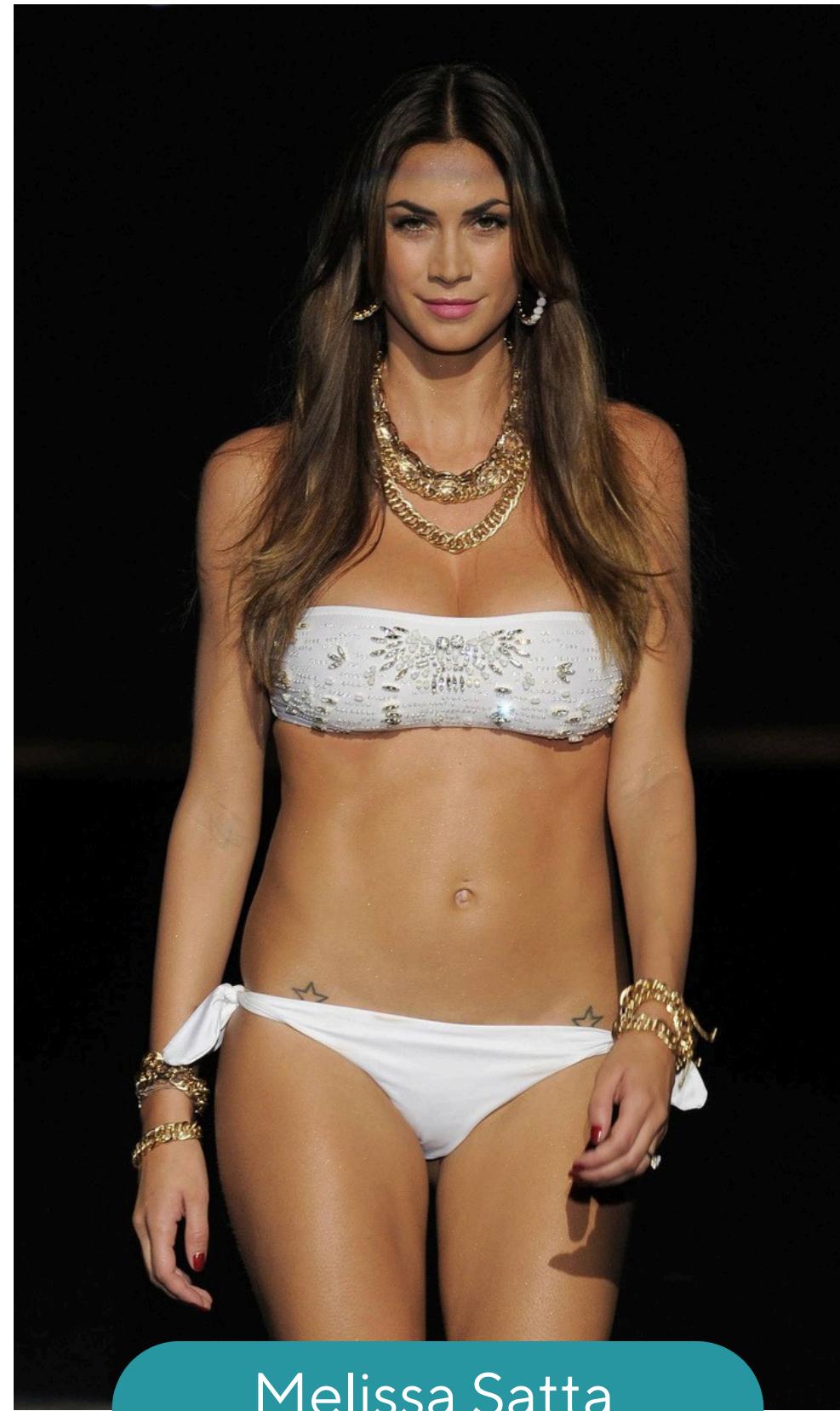
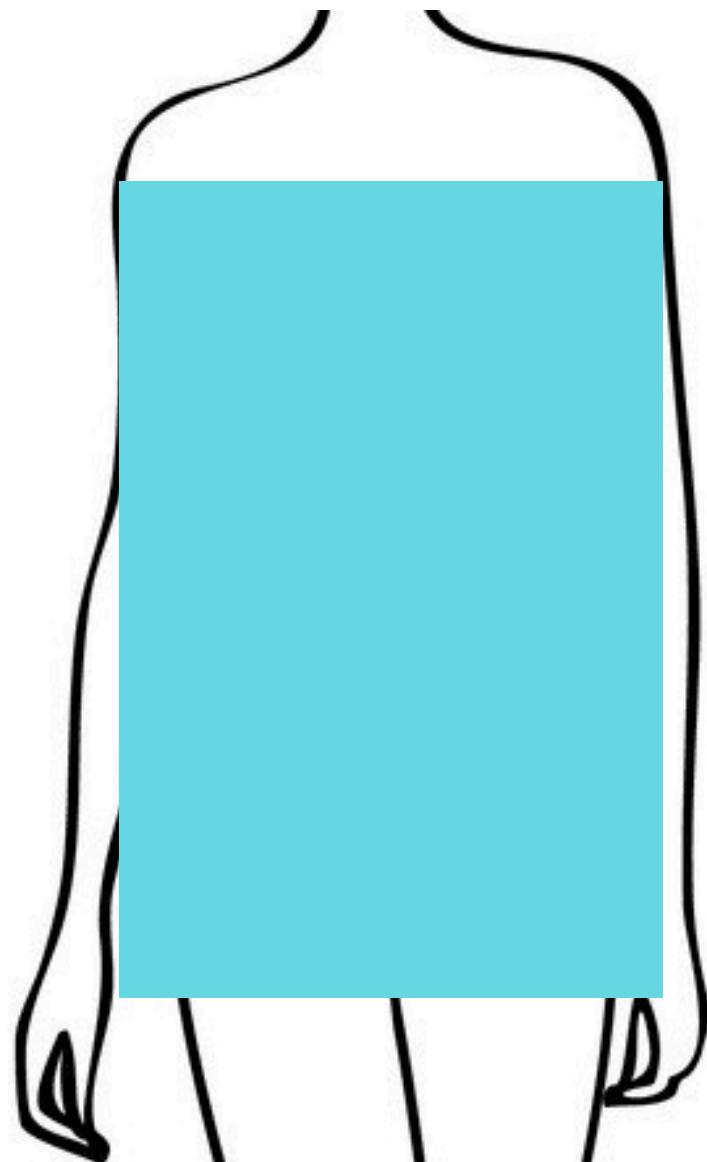


Sofia Jamora



Kristin Davis

# RETTOANGOLO

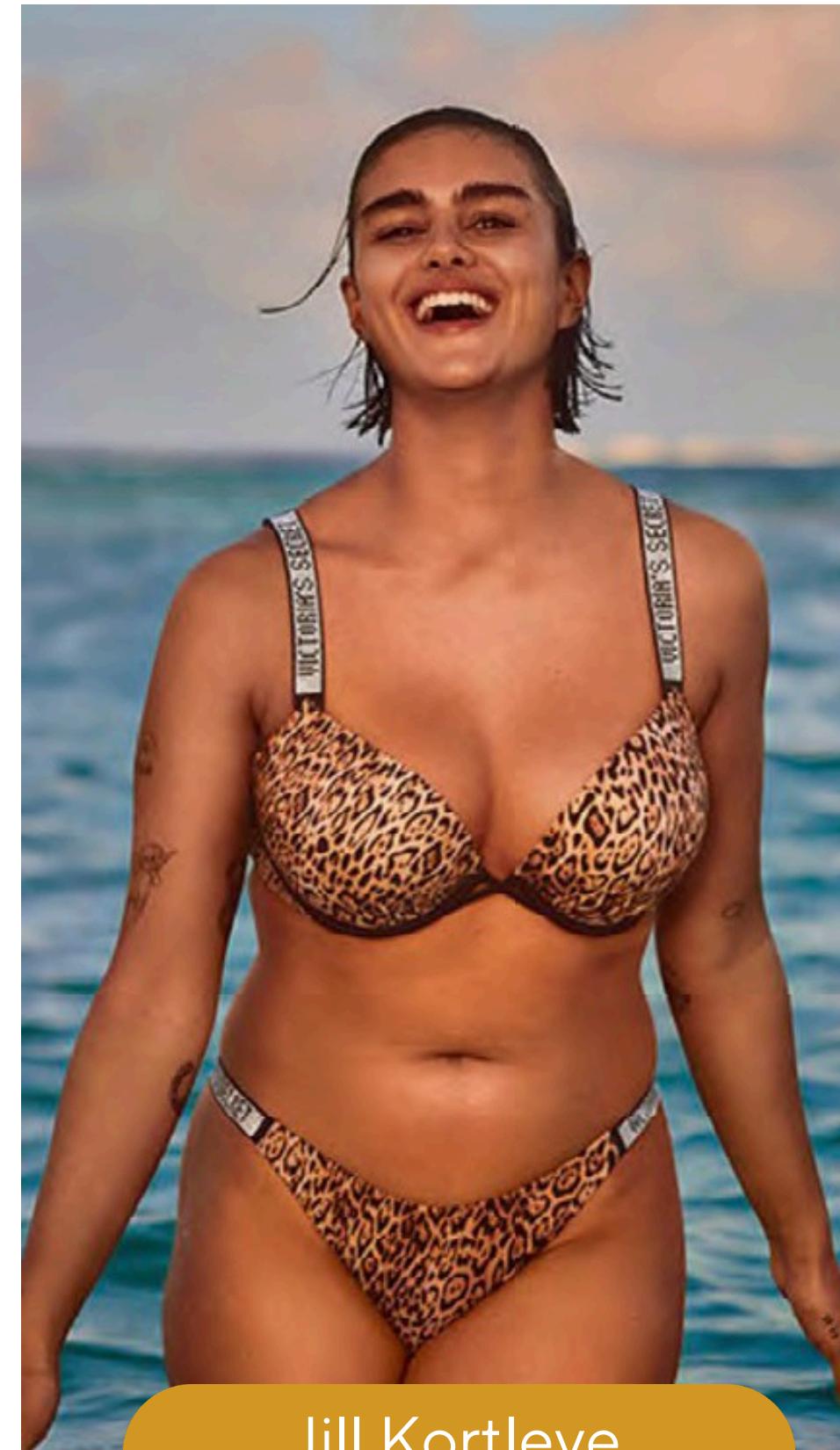
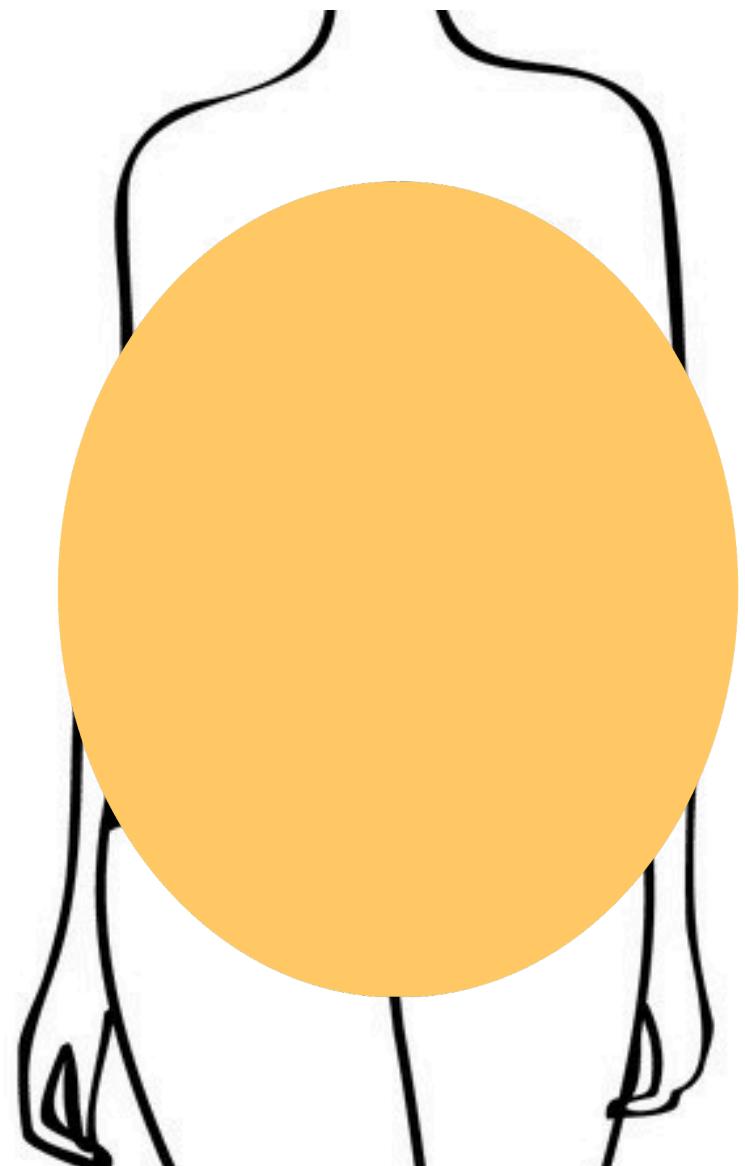


Melissa Satta



Gwyneth Paltrow

# OVALE



Jill Kortleve



Mila Kunis

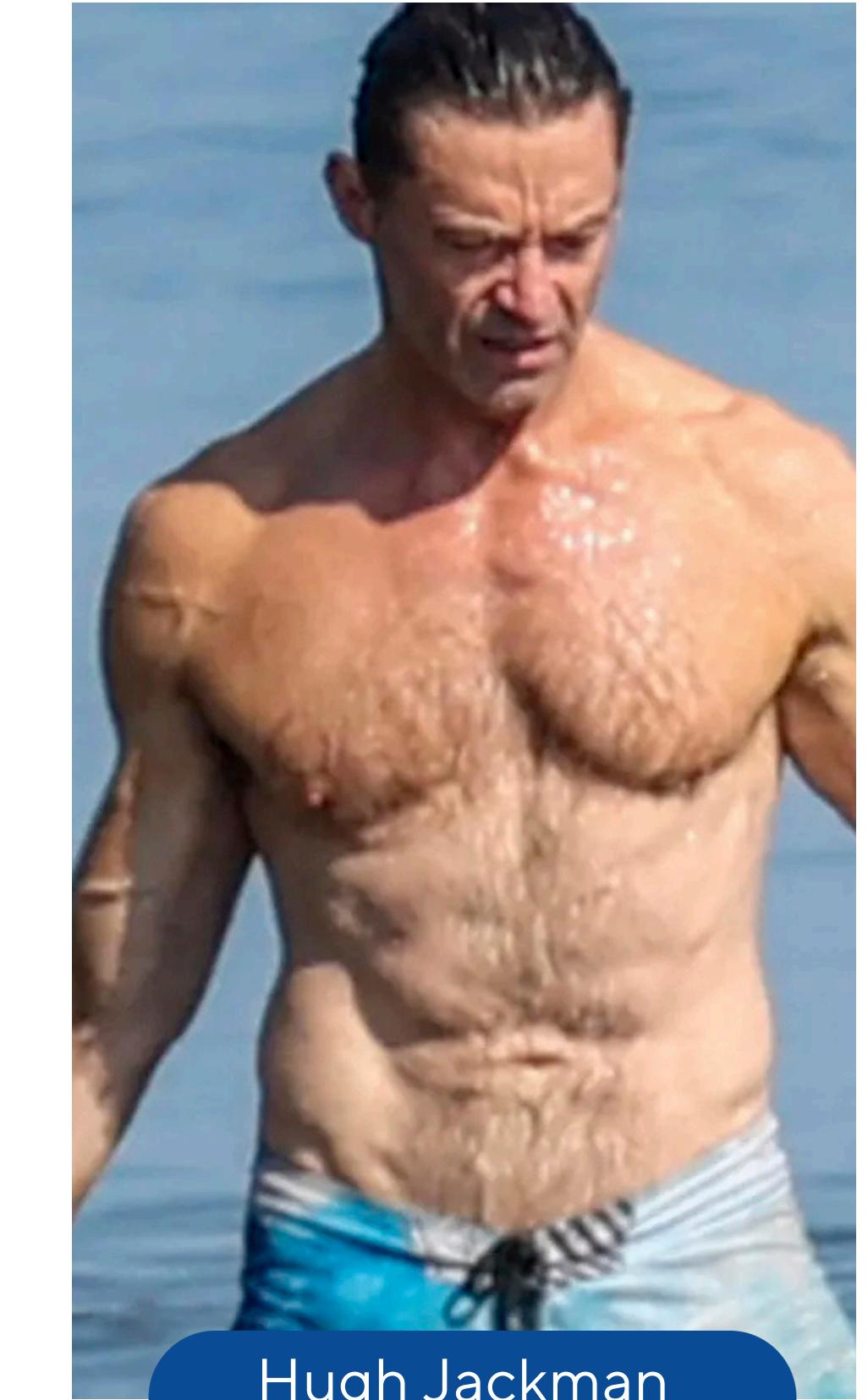
**Le 5 body shape  
maschili**

**IL TRAPEZIO  
IL TRIANGOLO INV.  
IL TRIANGOLO  
IL RETTANGOLO  
L' OVALE**

# TRAPEZIO



Daniel Craig



Hugh Jackman

# TRIANGOLO INVERTITO

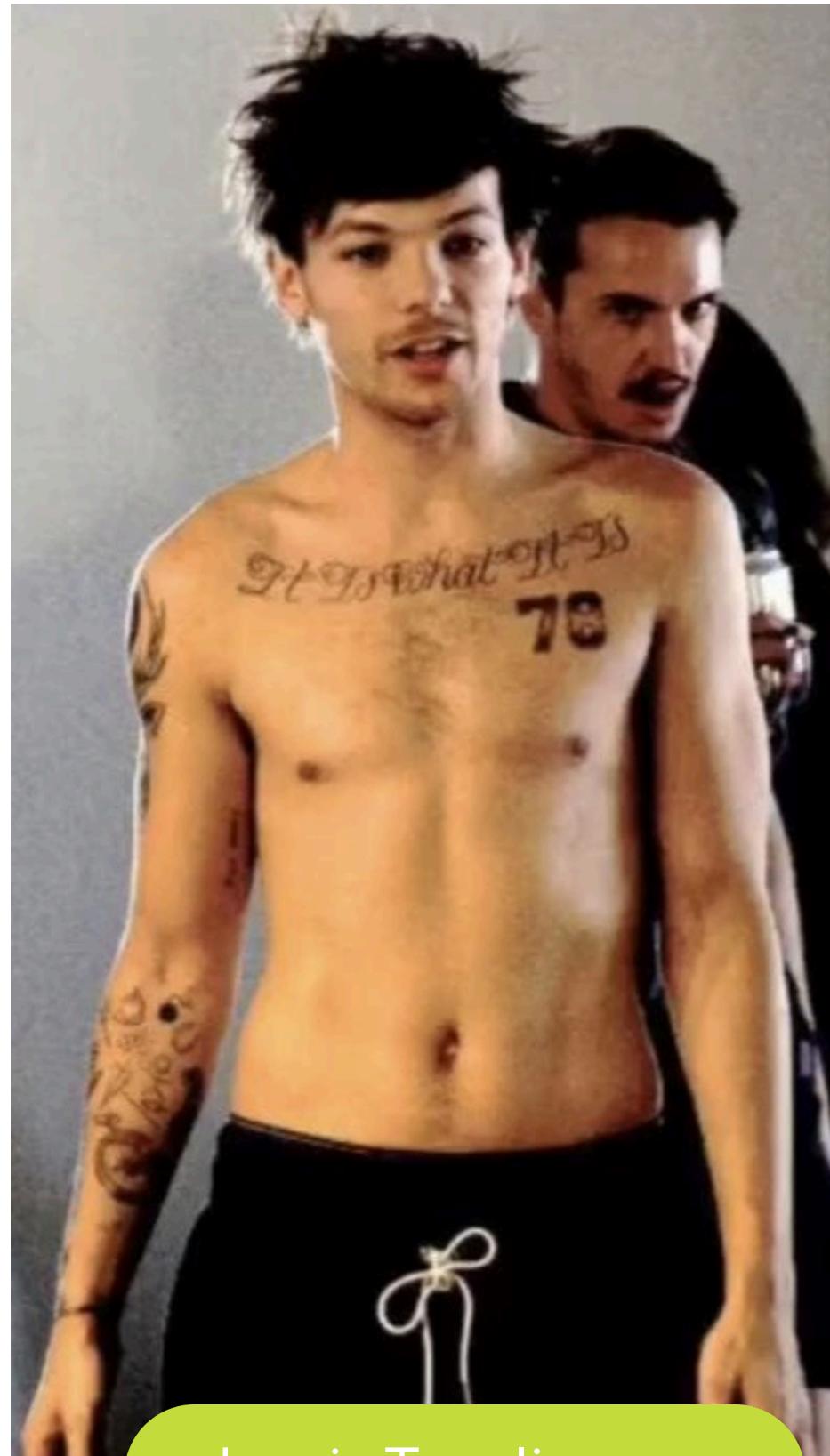
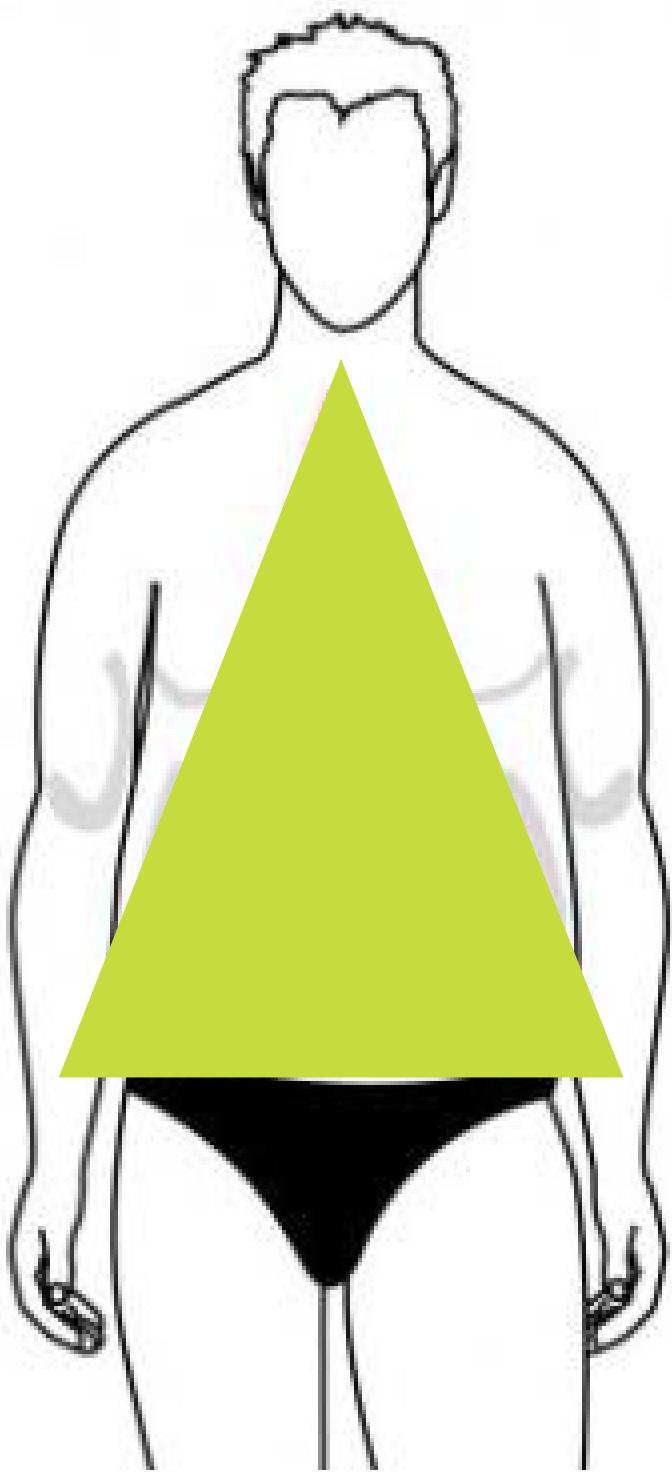


Andrew Garfield



Cristiano Ronaldo

# TRIANGOLO



Louis Tomlinson

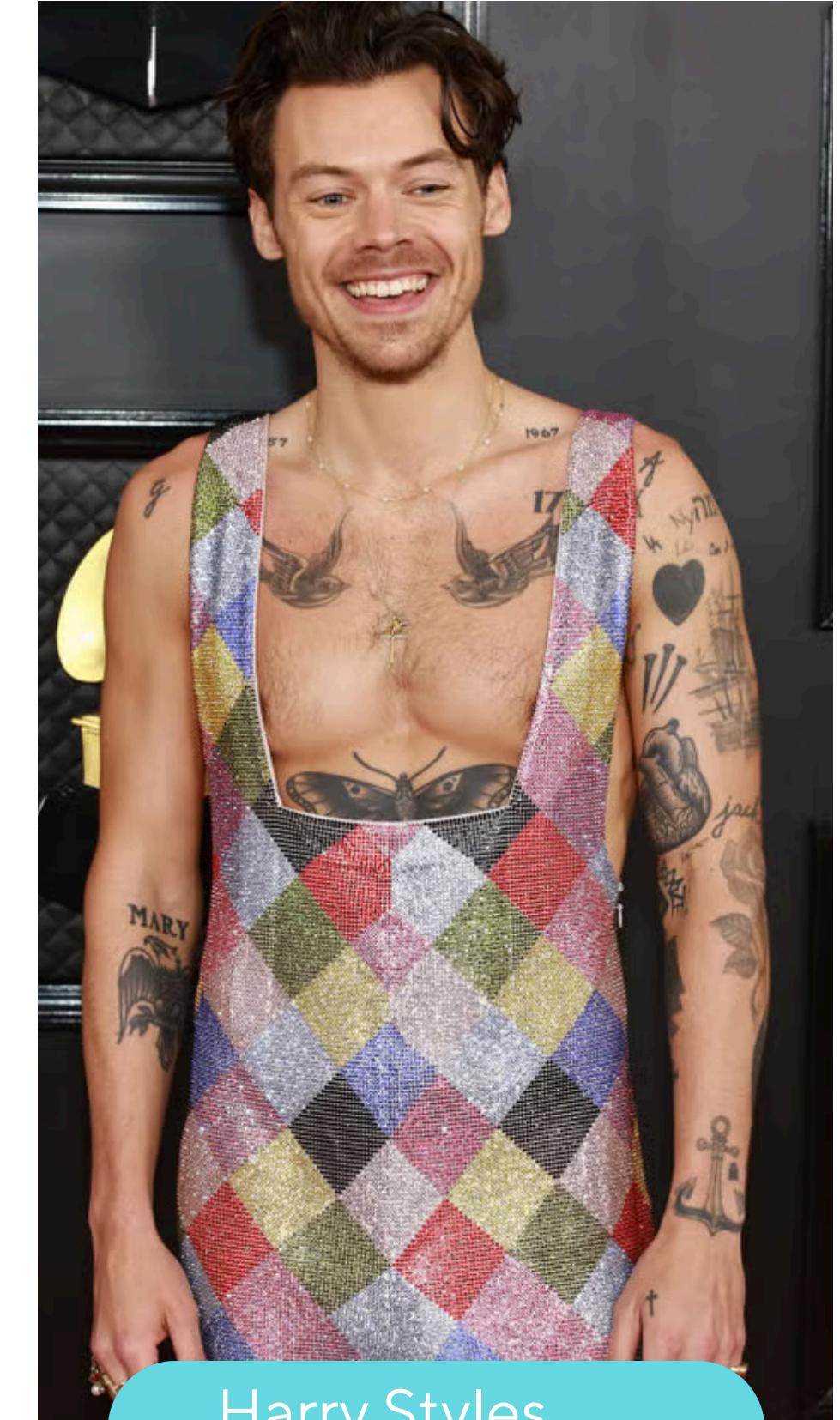


David Walliams

# RETTOANGOLO

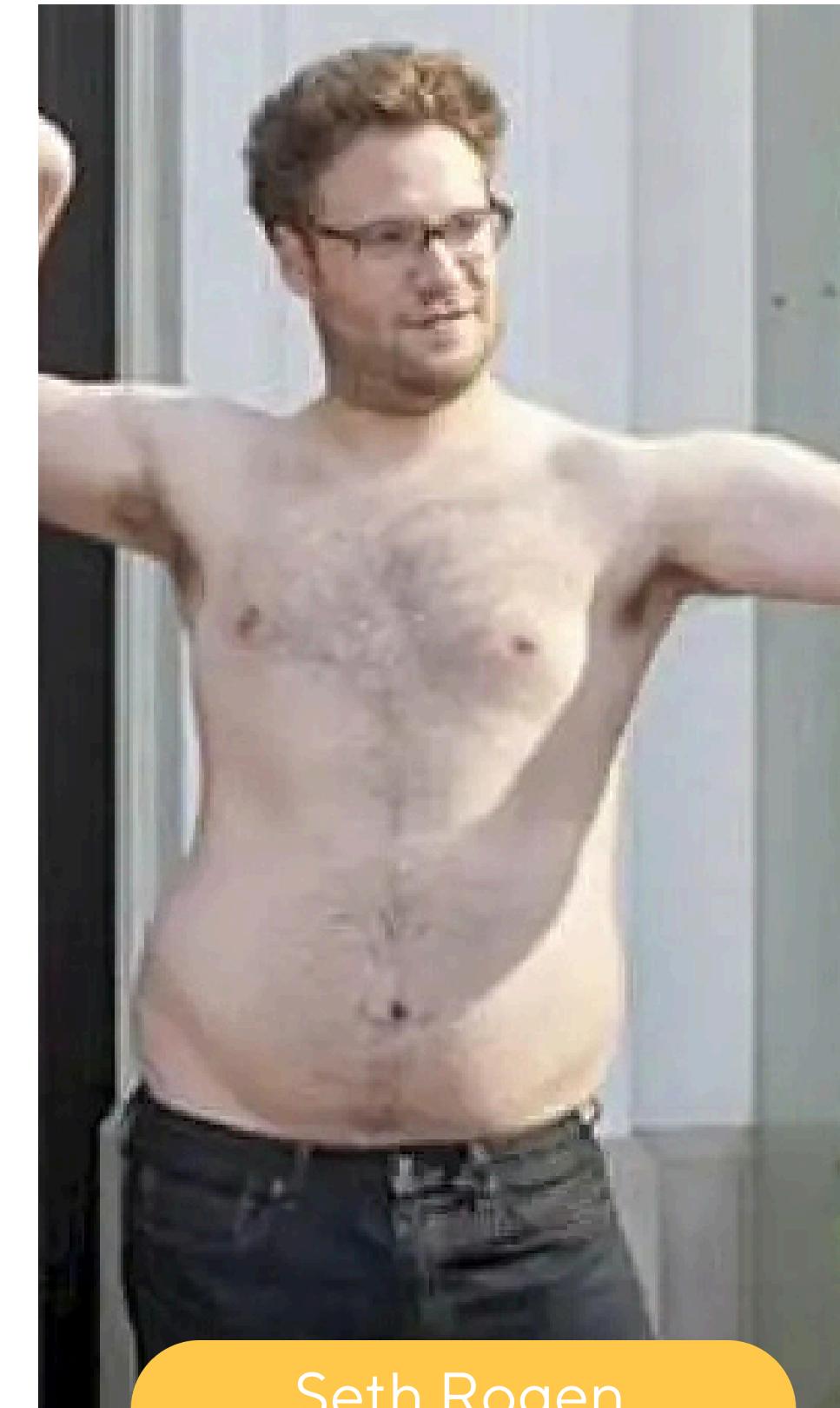
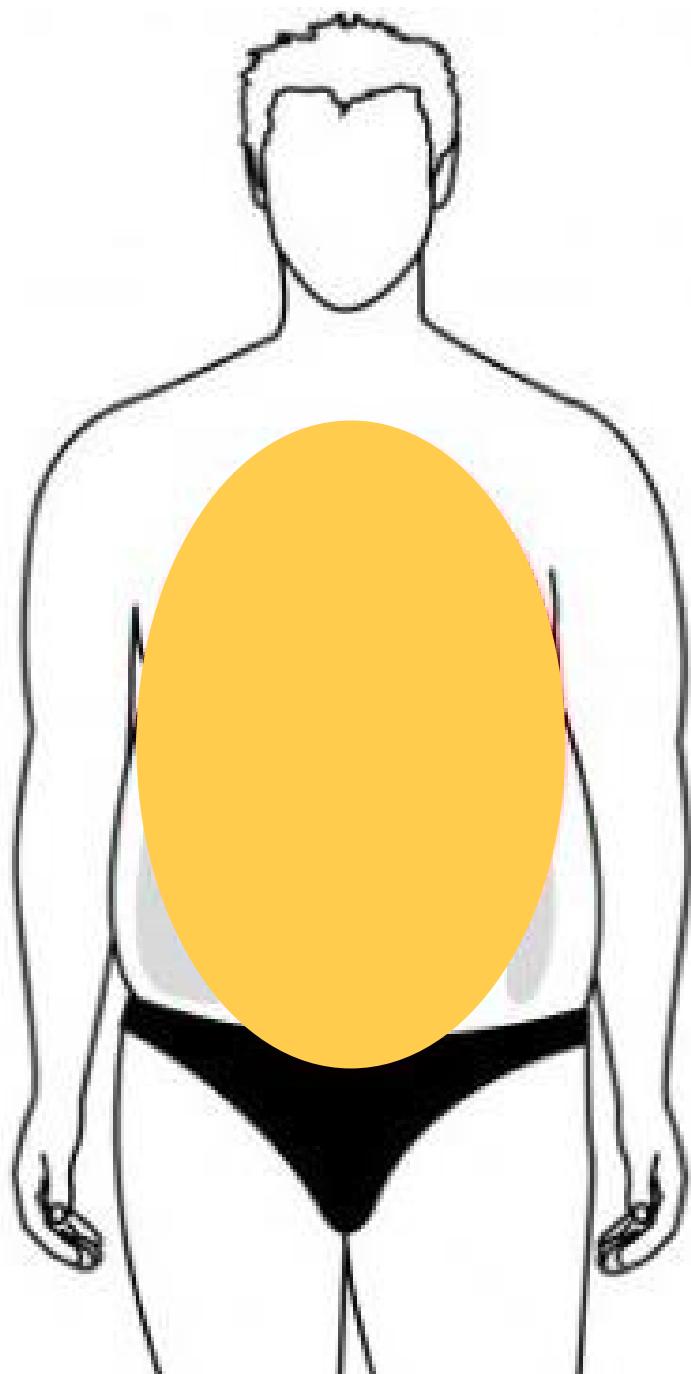


David Beckham,



Harry Styles

# OVALE



Seth Rogen



James Corden



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