

One simple step

~ *and the world is at your feet*

take off your shoes



- **Enjoy natural movement**
With heel and forefoot at the same level you have correct alignment of your hips, back and shoulders.
- **Engage your shock-absorbers**
The muscles, bones and arches in your feet are designed to cushion impact on your body.
- **Strengthen legs and improve circulation**
Barefoot walking uses all the muscles in your feet and legs. The increased use of the muscles and bones improves circulation of blood.
- **Awaken your senses**
The bottom of your feet have 1,000's of feeler nerves that stimulate your entire system, and bring your senses alive to the Earth beneath your feet.
- **Power-up and Connect**
With your feet balancing you correctly, your blood flowing freely and reduced impact you will have more energy; with your bare feet on the ground you can connect to Chi, the subtle energy of the Earth.

“Set your feet free and your mind will follow”

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“Journey of a 1,000 miles begins with the first step”

Lao Tzu

Start barefoot activity slowly. Take time to get used to all the sensations in your soles. Your footwear have been keeping them from feeling anything but the inside of your socks. Being barefooted means having the courage to befriend **the world outside the sock.**

Begin at home. Give your soles time to get used to freedom by going barefoot in the safety of your home. This begins to build up the strength and flexibility in your feet and legs that is lost when shoes are doing the work.

Notice your surroundings. Becoming aware of the ground beneath your feet is all part of the adventure of meeting the wider world that your feet are designed for. When you are ready to walk outside your home you will find it easy to notice and avoid risks and rubbish. Having your feet on the ground will open your eyes to how its being treated.

You are equipped to endure. Our miraculous feet are designed to adapt to the environment. A sole that is given the chance to go bare on many different surfaces is strong enough to prevent germs or fungus from entering the body.

Warning: barefooting is not recommended in industrial sites, around heavy machinery or if you have ailments like diabetes.

For more information about the healthy benefits of barefooting you can visit:

<http://www.barefooters.org/> <http://www.barefooting.eu/>
<http://www.barefoot-healthy-lifestyle.com/>

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To promote healthy living and Earth Connection



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