

# Waking up the Feet!



**SUNDAY 20<sup>th</sup> JULY**  
**10.00 - 2.00**

**Woodgreen Village Hall**  
(in the New Forest between Fordingbridge & Salisbury)

Cost £35 (limited places)

For more information and to book your place contact:

**Harri Frost** 01425 655709  
harri.frost@gmail.com *or*

**Victoria Cresswell** 01425 480560  
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Experiential workshop, exploring ways to engage with and strengthen the feet, and move towards re-establishing more natural walking and running gaits. We will not be running long distances but rather rediscovering some of the joys of natural movement through the rhythms of walking & running - so be prepared to **kick off your shoes and play!**

The New Forest venue, the grass, and the nearby hill will invite barefoot explorations .....

**The key aims** of this practical workshop are to identify weakness in a foot that has adapted to wearing shoes, and to discover ways to regain control and strengthen this wonderful part of our body, through reliable, safe, and fun ways that will help you to:

- ❖ **Establish the right effort:** Key issues will be opened up in a practical and playful way.
- ❖ **Engage the whole foot:** Immense potential is packed into the human foot. We will look at ways to engage the whole foot.
- ❖ **Change your gait:** We will look at how to change a gait that has had to compensate for a protective shoe. We will facilitate a move towards a natural stride.

## **John Woodward**

John has been coaching Natural Running for 25 years. He trained as an Alexander Technique Teacher in the early 1980s & has been applying Alexander principles to running form. John has walked and run barefoot for well over 30 years, including 80 miles barefoot in one day (on his 65th birthday!) Find out more about John and Natural Running at [www.naturalrunning.co.uk](http://www.naturalrunning.co.uk)

