Do you... Dare to Go Bare?

Dare to Go Bare

This workshop is a unique opportunity for those curious about barefoot living and motivated to improve their health. Walkers, runners or those interested in a barefoot lifestyle are invited to explore the science behind barefoot living and how it feels to move barefoot safely and knowledgeably. Learn to construct minimalist footwear, the Huarache, and use them as a safe transition from conventional shoes to bare.

**Saturday May 21st, 9-4pm**

**Dare to Go Bare Workshop**

9:00  Welcome
9:30  Biology and Physiology of the Foot with Keynote Dr. Daniel Howell
10:30  Break – Coffee and Snacks Provided
10:45  Prepare Your Body to Support Your Feet
11:30  Testimonial – Haulin’ Aspen in Huaraches
12:15-2:30  Barefoot /Minimalist Movement Labs
Correct Toes
Huarache-Making
Foot & Movement Lesson
2:30  Experiential: moving barefoot or in huaraches
3:15  Panel Discussion

Workshop presenters include: Dr. Daniel Howell, Dr. Ray McClanahan, Dr. Suzanne Lady, Kim Cottrell, & Kate Fischer

$95 Saturday Workshop Fee (register before May 1st)
$135 Saturday Workshop Fee (register after May 1st)
To reserve your spot, RSVP to info@edgeperformancefitness.com OR call 503-265-8685

**Friday May 20th**

7-9pm

**Keynote Speaker & Dinner**

Kick off your shoes and join us as we welcome barefoot advocate, professor and author of the barefoot book Dr. Daniel Howell.

$40 Dinner and Keynote Only
$25 Workshop Participants

RSVP to info@edgeperformancefitness.com

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