

TERRA PLANA

presents

VIVO BAREFOOT™



aqua



VIVOBAREFOOT
TECHNOLOGY



FLEX



LIGHT
WEIGHT



MINIMUM
GLUE



RECYCLED



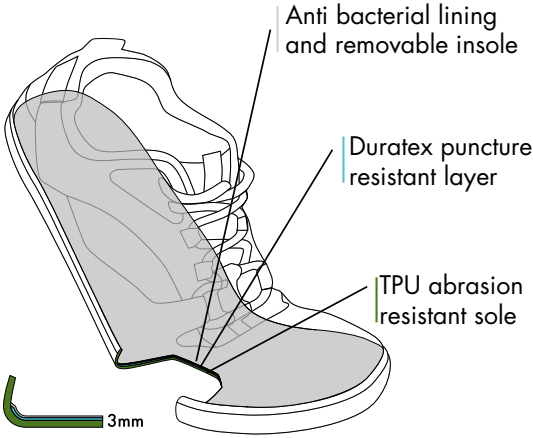
SIDE
STITCH

**Shoes with an ultra thin and
puncture resistant sole.**

Enjoy all the benefits of going barefoot with the
protection of normal shoes.

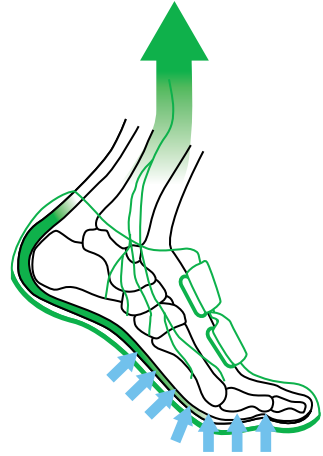
Technology

An ultra thin, high abrasion and puncture resistant sole which has made it possible to wear shoes while enjoying all the advantages of Walking Barefoot!



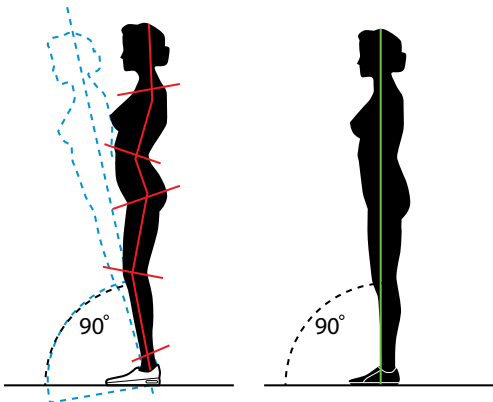
Barefoot Advantage

1 Flexes and strengthens the muscles in your feet (use your toes!)



Barefoot Advantage

2 Realigns your natural posture



Barefoot Advantage

3 Stimulates every nerve ending in your body (all connected to your feet) enhancing sensory perception



'Vivobarefoot really is an extremely important evolution in footwear design.'

Richard Brennan ISATT, ATI, STAT (cert) Director of the Alexander Technique Centre, Galway and author of the Alexander Technique Manual

'They do wonders for the posture-and they feel good.'

George J. Pryor Austin, Texas, USA

I will never wear ordinary shoes again and neither will you if you try a pair of these for five minutes.'

Matthew, Buddhist Meditator

'The low sole of VivoBarefoot removes any muscular and postural problems.'

Yoga Magazine, July 2007

'People had healthier feet prior to the invention of shoes.'

Shod versus unshod: The emergence of forefoot pathology in modern humans. Zipfel, B & Berger, L.R (2007)

Transition to Barefoot

Your feet will need time to adjust

Do not rush into doing heavy exercise in Vivobarefoot

Listen to your body and build up your barefoot activities slowly

The muscles and nerve endings have been incased in regular shoes all their life

Vivobarefoot was designed by a tennis player to avoid ankle injuries so all sports in VB are possible

The next best thing to being barefoot. They look great too!

By Yanni Papastavrou, Barefoot Runner, Research Medical Physicist, University College London Hospital, London, UK.



Engineered to meet International
Podiatry Approval (FIP)

Available now at:

Clarks - London Marble Arch, London Oxford Circus,
Croydon, Bluewater, Dublin Grafton St and Manchester
City centre

Betty & Babs - Kendal

Sea Salt - Devon & Cornwall

Also available at Terra Plana shops and online at:

www.terraplana.com