

April 17, 2017

# Undressed Press

#WNGD

MELISSA SIGMAN

As if nudists and naturists alike need a reason to unclothe as nature intended, but now we get extra special days that are celebrated around the globe. Days like the 13th annual World Naked Gardening Day (WNGD) on May 6 this year. WNGD has become an annual tradition that celebrates gardening in the buff.



The American Association for Nude Recreation (AANR) encourages you to get out and take advantage of a day just like this. WNGD can be used as a great ice-breaker and opportunity to introduce nudism/naturism to others. Most importantly though is to remember the sunscreen and to have fun while enjoying the sun shining on you and your garden.

Last year, AANR promoted this event on social media and the post went viral. The number of comments, likes, and especially shares reached over half a million viewers. What makes this even better is that we did it twice. After our first post was reported by someone as inappropriate and removed, we posted a second time and had just as great a response. We hope to have an even better response this year. So, if you are participating in WNGD remember to use #WNGD and #AANR on all of your social media postings and follow AANR on Facebook and Twitter. Click [here](#) to read more!





## RUNNING NAKED CAN REDUCE STRESS

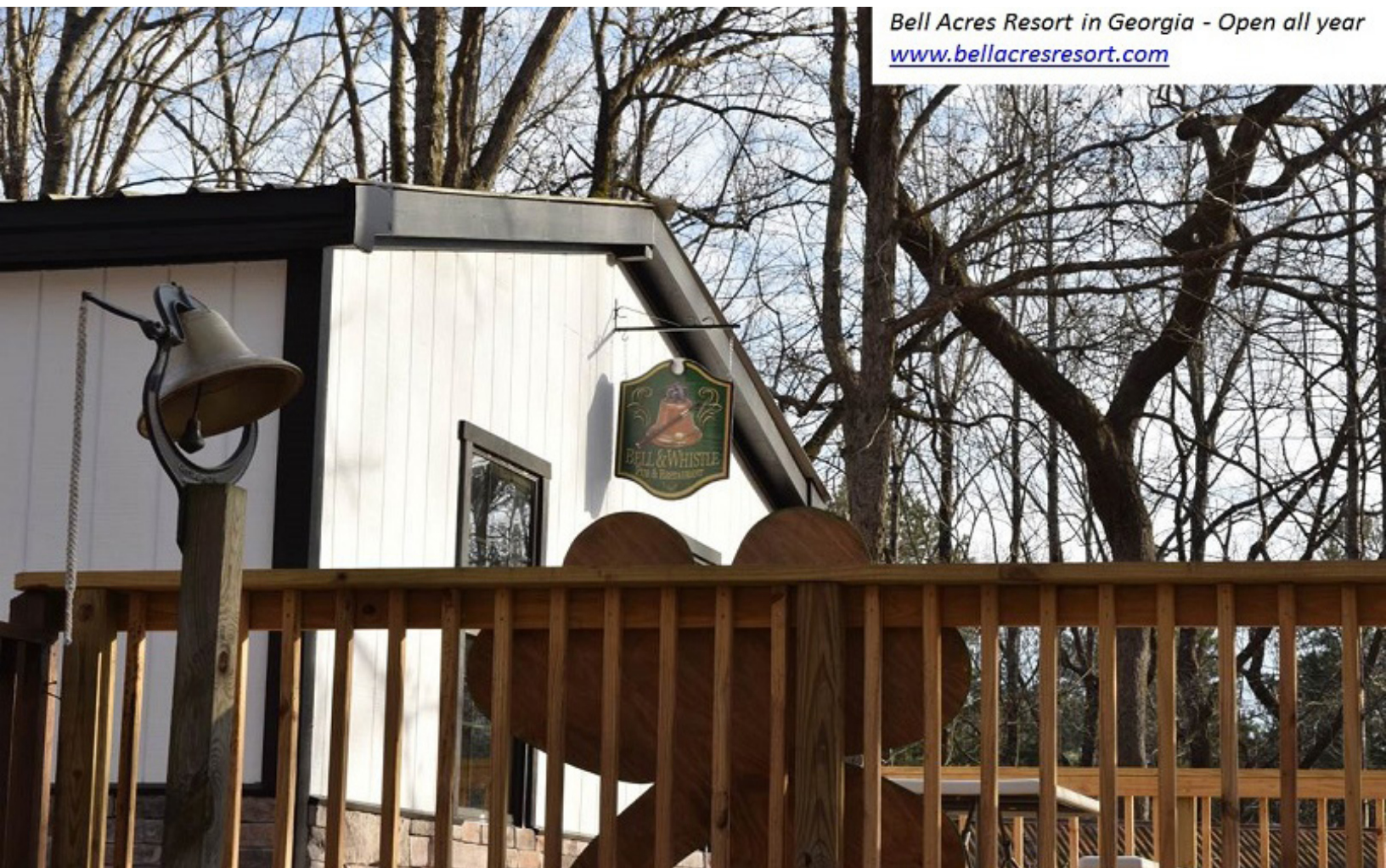
**PAM STONE, FOR THE HERALD-JOURNAL**

In speaking to friends in the field of psychiatry, and reading from two respected scientific journals, it appears there is a noticeable uptick in people seeking mental health assistance to deal with the trauma of current politics.

I'm not surprised, are you? Regardless of which side of the political aisle you inhabit, recent events have probably got you screaming, either with fear, righteous indignation, scorn, frustration, or good old anger. We, as a nation, are as stressed as I have ever seen. And good for those who can afford a weekly trip to vent their woes to a professional.

Because I sure can't. First of all, any spare dollars I might have goes into the "new fencing, new transmission, and critter feed" account. And if there happens to be any pocket change left over from that, it goes into "Pam's dental account" before my teeth begin resembling Indian corn.

When you haven't the time or financial resources to invest in your mental health, but recognize the warning signs (my own being the fact that I am now too terrified to read the breaking news alerts that flash across the screen of my phone), you have to become creative. This is why I'm glad I live on acreage that is quite private: I can run naked, screaming, across the fields whenever the mood strikes. Ask my mailman.



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Don't laugh (I know that's difficult when you're visualizing a blonde Pez dispenser with flailing limbs tearing through the fescue ), it's very effective. In fact, I highly recommend it. That's not easy, I know, when you live on a cul-de-sac. That's because it's hard to build up speed on a circle, not to mention it's pretty much a given you're eventually going to get tasered. Perhaps, it might be worth looking for a safer place where you could run screaming, comfortably.

Aunty Pam has done the research for you: The Carolina Foothills Resort, not far from me, just past Fingerville (stop it), in Chesnee, is a nudist resort. That's right, and get this, if you can hold on to your emotional well-being until June 10, they are hosting the "Buck Creek Streak." Yep, a 5k trail race. So there you go: you can run "nekkid" with several other people, through the woods, to your heart's content. You can scream either from political stress, having encountered a yellow jacket nest, or the fact that particular parts of your anatomy haven't been strapped firmly in place, but the point is you can legally run naked while screaming. And when you finally stop (although parts of your body might not), I'm quite sure you will be relieved. You will be too exhausted to feel mortified that you've just recognized your priest. And you might even, after surveying those around you, feel slightly better about those seven pounds you put on over the holidays.

And if we all still feel stressed, I believe I'm going to organize a march on our nation's capital, because we need to be heard by those driving us crazy. And they're all driving us crazy. That's right, "The Screaming Naked Through The Streets" march. No signs, no pink hats, just a few million Americans, hands on either side of our faces as in the Edvard Munch painting "The Scream," tearing down Pennsylvania Avenue to the White House. We might not make it on the televised news (that would take an awful lot of pixelating), but at least, we'd get our point (or points) across. And hopefully, not get stuck in the fence.

Pam Stone can be reached at [pammstone@gmail.com](mailto:pammstone@gmail.com). To read the full article, click [here!](#)



## NUDIST SWIMMING IN ELY - IT'S NO APRIL FOOLS' JOKE

**KATH SANSOM**

Three naturist swimming sessions are being held in Paradise Pools - and the first is on April Fool's Day. The city pool is hosting the specialist events in April and May organized by the Mildenhall Naturist Swimming Club.

Malcolm Boura, club chairman, said: "It is both good for you and fun. Nothing's better!" "It is well established that naturism is good for you and that it provides benefit in many ways, general health and well-being, happiness, body-attitude, body-image, body-positivity, all of those and much more, but above all it is fun."

"First timers are often nervous but it is incredible how quickly first time nerves disappear." "It is not surprising - after all, it's the natural way to swim." The club has been using the Mildenhall Pool for 15 years but there are a couple of months when it is not available which is why they are coming to Ely instead. Mr Boura said: "We are delighted to be using the excellent pool at Ely instead as well as making naturist swimming available in a new area."

- Ely sessions are being held on Saturday April 1, Saturday April 22, and 20 May, 5:05 to 6:30pm. Bring a towel and something to identify you. Please Google Mildenhall Naturism, email swim.mildenhall@naturism.org.uk or phone 07946 886843 for further information.

Advice from the Mildenhall Naturist Swimming Club website includes:

- The club is very careful about confidentiality. They never pass on information about members unless it is clearly needed for law enforcement.
- Naturists are careful about confidentiality because it can cause problems if the wrong people hear about it.
- Going to your first naturist swim can be terrifying. You have a lifetime of conditioning to overcome and that is not easy.

- Embarrassment ends sometime between starting to undress and about two minutes later.

- Worried about looks, figure, a blemish here, a mole there? Frightened that the lifeguards will mistake you for the inflatable and pack you away? Well, you'll fit right in. Naturists are no more attractive or ugly than everyone else. We have the same number of noses, toes and other body bits. Just as many of us have operation scars, bits missing or bits an unusual shape or size. We just don't think it any big deal what someone looks like.







- There might be somebody there that you know. If there is, then they will be naturist the same as you are so what's the worry?

- Female embarrassment - what is there to be embarrassed about?

- Male embarrassment - there is one aspect of male anatomy which causes nervousness to a lot of blokes before their first swim. British Naturism has been known to

rather coyly call it 'visible embarrassment.'

- Naturist swims are less titillating than clothed ones. After all a swim suit is just a proclamation that the wearer has something to hide and an invitation to imagine what it is.

- People can't come to the swim unless they know about it so publicity is essential. Their site says: "Obviously that means dealings with the media. We used to be very open and helpful to the media but one visit soured relations badly. They did not honour the assurances and undertakings that they gave. Accordingly we are now a lot more cautious and the undertakings required have been revised and strengthened."

- No photography without the permission of the pool duty manager and the club duty officer.

- There is a space around a person known to psychologists as 'private space.' If someone enters it they make that person feel uncomfortable. The size of that space depends on the circumstances. For example it's about 20 feet between family groups on a beach but touching whilst avoiding eye contact, on a crowded train. It also depends on who it is. Close friends will typically stand closer together than strangers. Staring is also an invasion of private space. Respecting another person's private space is good manners.

- The club has a child protection policy in place.

To read the full article, click [here!](#)

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## FROM BEHIND THE MASK

**JOHN MARTIN**

Many of us may have grown up with highly controlling parents and learned to hide what we thought and built ourselves masks to hide behind in order to feel safe.

We gave the appearance of being a happy child to those we met but inside were screaming. "I cannot say or be or what I really feel." Therefore we learned to put on a mask everywhere. At school kids would bully hiding your outward feelings until you got to your private area where you could let your emotions explode. The mask got more defined as you matured because that is a form of survival.

Thinking you can get rid of the mask by being successful in business, marriage, or developing a talent begins to allow you to try and take off the mask until you are ridiculed or rejected in which you put the mask back on.

A counselor said that I needed to become a pastor. So I became an ordained pastor yet, I had to put on new masks because people think pastors never make mistakes and put you on a pedestal with expectations that no one can meet. When I had to go through a divorce, I was scolded, so a heavier mask was constructed. Even today some people do not try to understand feelings and accept a person just as God created them. These masks can lead to times of personal depression.

Today we meet people and friends and when they ask, "How are you today?" Our response is always, "Fine!" They are not really interested in how people are doing, we just say the words. In my efforts to get rid of my mask, I have learned to ask a second question, "How are you, REALLY?" Most people will then break down a wall and mask to tell you how they are really feeling. Listen to them as they attempt to get rid of the mask. When I have a couple of close friends who accept me for being transparent, the mask comes off. I have made the mistake of being transparent only to have it thrown back into my face later on. That makes the mask out of steel when around them.

It has been through an introduction to nudism that I have friends who accept and like me for whom I really am. My first experience was apprehensive because of a physical condition with my body. What I discovered was that nudism allows you to get rid of the mask and no one is critical.

The most difficult part is that when I go back into the clothing life, I find that the mask has to go back on. I appreciate the folks associated with AANR in that I can learn to have the mask down and appreciate what God created.

Using a pen name for all my writings avoids more criticism. Getting rid of a mask is a lifetime effort.

What mask are you wearing?



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# YOGA STUDIO OFFERS ALL-NUDE CO-ED CLASSES TO OVERCOME BODY ISSUES AND VULNERABILITY

DAILY MAIL REPORTER

One New York City yoga studio has taken yoga's flexible principles to the next level by offering



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co-ed, naked vinyasa courses. The class, introduced the Bold & Naked studio in Chelsea, is supposed to provide students with a new way to focus on celebrating their bodies and is not intended to be sexually evocative. 'There are a lot of things that separate us in a normal yoga class, like what brand of yoga clothing you're wearing or how you look when you're wearing it,' Vanessa Kennedy, a naked yoga class attendee, told Reuters. 'But when we're naked, it's like we're all the same.'

As the studio writes on its website: 'While many equate being naked with sex, this couldn't be further from the truth in a naked yoga class. It's about being comfortable in your own skin and the amazing confidence that comes with it. 'Practicing yoga naked frees you from negative feelings about your body and allows [you] to be more accepting and deeper

connected with yourself and the world around you.'

The studio offers \$25 naked yoga classes in a co-ed format, as well as those that are segregated by gender. The naked instruction courses do not allow observers or photography, and students must sign a liability waiver before entering the class.

Much like in fully-clothed yoga classes, Bold & Naked, which is the brainchild of co-owner Joschi Schwarz, says that students should expect for teachers to hand-administer postural corrections. Partner work is also sometimes involved in the classes' vinyasa flow sequences.

But according to the studio, none of this body-to-body contact is meant as 'sexual touching and should any contact of sexual nature occur, it will not be tolerated and will result in the offending member being asked to leave.

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© Reuters

'Anyone who has been asked to leave will not be allowed back to attend classes in the future.' Bold & Naked has actually firmly stated on their site (in capitals, no less): 'IF YOU ARE LOOKING FOR AN ORGASM, YOU ARE IN THE WRONG PLACE.' To those looking for a peep show, they say: 'Don't waste your time. The energy in the room is very clear and members who come to Bold & Naked are very focused on celebrating their bodies through yoga.' But due to yoga's sweaty, heart rate-enhancing nature, bodily functions can sometimes interfere in the course. The studio says that erections during the class do occur, but happen 'rarely'. They encourage that 'when it does it's okay and nothing to be embarrassed about. It will pass quickly. 'Yoga moves a lot of energy throughout the body and sometimes erections happen. But once we start moving, there is no way an erection could be sustained, because of the physical nature of Vinyasa Yoga.'

Naked yoga has become increasingly popular in the United States since the 1960s, when it was a component in the hippie movement. In 1975, the short documentary titled Naked Yoga was nominated for an Academy Award in the Best Documentary, Short Subjects category. The practice of naked yoga, which is called 'nagna yoga' in Sanskrit, has been in spiritual rotation since ancient times, and is still practiced by religious figures in India.

To read the full article, click [here!](#)

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# AANR AND AANR-REGIONAL CONVENTIONS, MEETINGS, AND EVENTS

**JUNE 2017**

**June 2-4, 2017**

**[AANR-West Summer Festival](#)**

[Glen Eden Nudist Resort](#)

Corona, CA

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**June 9-11, 2017**

**[AANR-Florida Summer Meeting](#)**

[Lake Como Family Nudist Resort](#)

Lutz, FL

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**June 19-22, 2017**

**[AANR-East Annual Summer Meeting](#)**

[White Tail Resort](#)

Ivor, VA

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**June 22-25, 2017**

**[AANR-Southwest Convention](#)**

[Star Ranch](#)

Mcdade, TX

## JULY 2017

**July 16-23, 2017**

**[AANR-Midwest Summer Convention](#)**

[Fern Hills Club](#)

Bloomington, IN

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**July 21-23, 2017**

**[AANR-Northwest Convention](#)**

[The Willamettans](#)

Marcola, OR

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**July 27-30, 2017**

**[AANR-West Convention](#)**

[DeAnza Springs Resort](#)

Jacumba, CA

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## AUGUST 2017

**August 7-13, 2017**

**[AANR Convention](#)**

[Oaklake Trails](#)

Depew, OK



## OCTOBER 2017

**October 6-8, 2017**

### [AANR-West Fall Festival](#)

[Shangri La Ranch](#)

New River, AZ

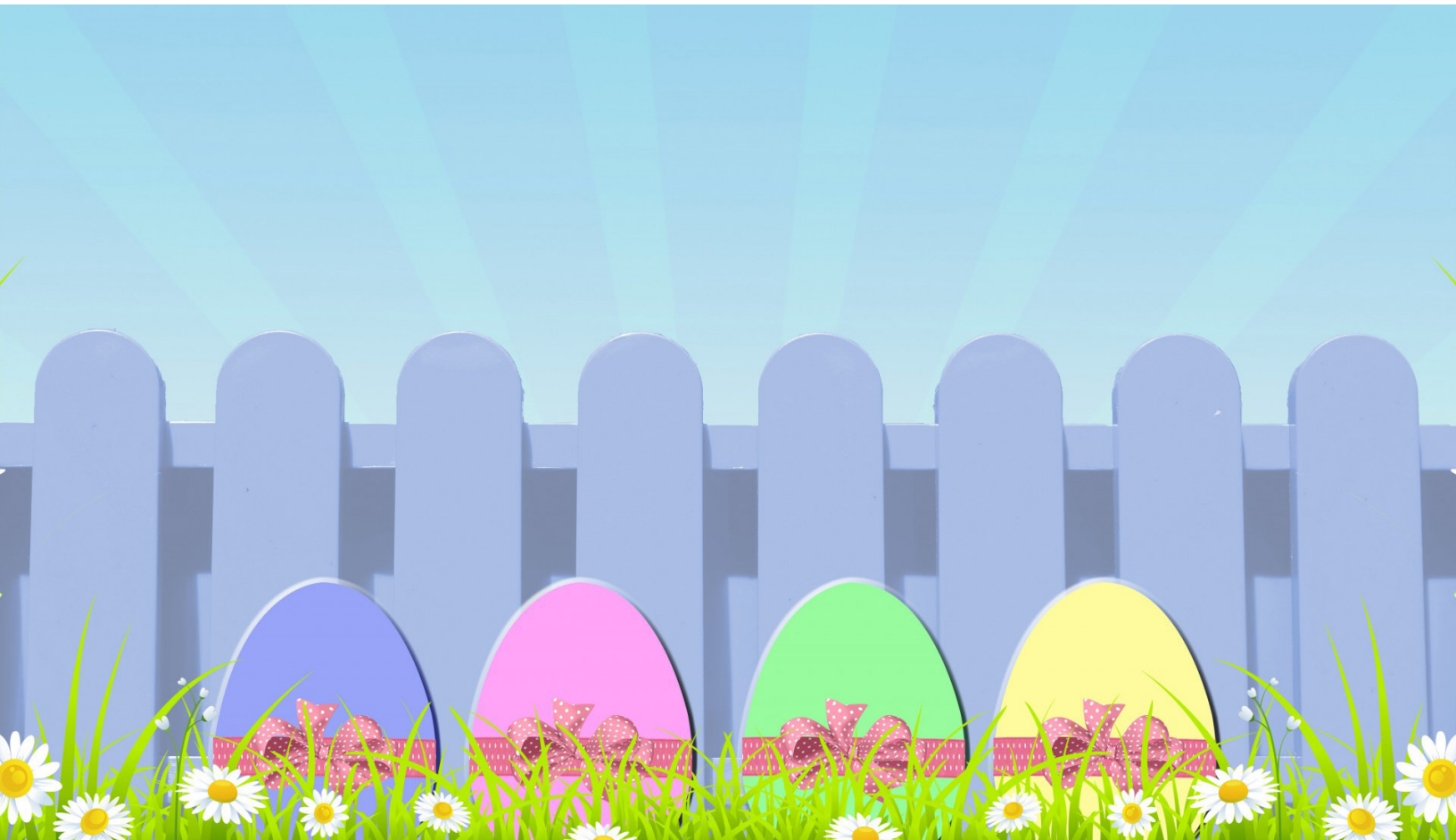
## NOVEMBER 2017

**November 4, 2017**

### [AANR-West Fall Board Meeting](#)

[Shangri La Ranch](#)

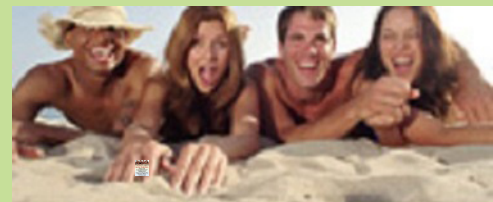
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