

Nudism, a Woman's Perspective

Written by Alexia

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Imagine, being free to be yourself. Free to relax, Free to accept yourself just as you are, Free to accept others as they are. Free to experience who you are inside more than what you show outside. Free to just be!

Remember running naked through the house or going skinny dipping as a youngster?

Remember how free and exhilarated you felt? There was a sense of comfort, a sense of total acceptance, a feeling of total freedom, and a innocent disregard of the fears and inhibitions that develop with adulthood. You can recapture those feelings of freedom and that sense of self esteem and acceptance again.

With the growing acceptance of social nudism and nude recreation, more and more women are discovering what it is like to experience the spiritually liberating effect of social nudism. To be accepted as a person without regard to size, shape, scars, age, physical condition, and fashion. To be able to enjoy the fresh feeling of a gentle breeze against their skin. To bathe in the comforting rays of the sun as it warms their entire body.

Today, single women and women in relationships are joining naturist organizations in record numbers. Women of all ages and walks of life are enjoying clothes-free recreation. Women who feel at home with their bodies and enjoy sharing the experience with others. Young children, adolescents, young adults, middle aged women, and grandmothers alike are experiencing outdoor social nudism together. Professional women are finding solace, relaxation, and in general, a stress free escape from the day to day pressures of their careers.

Newcomers to nude recreation may have difficulty imagining how wonderful it feels. But once they take the plunge, they quickly discover it is a natural, life enhancing experience. It is the most normal thing in the world. Besides, imagine just how light your suit case can be when you visit a nudist facility for a weekend, or a vacation.

By joining a Naturist Club in your area, women can enjoy social nudism in a family oriented, non-sexual environment. They can participate in relaxing recreation, in discussion groups and experience personal growth workshops in a safe, non-threatening environment with like minded people.

By contacting a club or organization in your area, you can speak with female members to learn

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about their point of view and experiences. Most will tell you that when you are accepting of others just as they are, you'll be more accepting of yourself.