



## Join Naturism

Celebrate the real feeling of freedom

# Kwa-Zulu Natal Naturist Association

Respect for Self.  
Respect for Others.  
Respect for Nature.

## What is Naturism?

“You may call it naturism or perhaps you've heard it called nudism. No matter which term you use, nude recreation is a great way to unwind and get back to basics. Naturism is the practice of being nude as often as possible in nature. Naturists are ordinary people that choose not to wear clothes when the weather and circumstances are appropriate. Our activities are no different from what most people do in their leisure time, other than the dress code. For us naturists being nude is natural, comfortable, and about the freedom of being without restrictive clothing. It's a healthy and liberating experience and promotes health, self-respect, body confidence and a positive body image. We enjoy being nude in the privacy of our homes, alone or with our family, socializing with friends, going to resorts or beaches, and spending as much time in nature in the nude. Recreation without clothes is even MORE fun! We laugh a lot. Naturists may be the best and funniest peeps alive.

## Being naked is good for you!

### Naturism is a healthy lifestyle

Not all situations warrant wearing clothes! Why wear it all the time? In fact, there are physical and psychological health benefits, by not wearing clothing and exposing bare skin to sunlight. Major health benefits are that cholesterol levels are decreased, serotonin and Vitamin D levels are increased by exposure to sunlight, increased oxygen intake, and increased physical activity. This support mood, fights depression and anxiety, and is critical for building, and maintaining healthy bones and teeth. Except for the initial euphoria, boosting serotonin levels is the real reason you feel happy being naked. Social nakedness contributes to self-esteem. Most adults see few other adults naked. They compare their bodies not to those of ordinary folks, but to the bodies they see on television and in magazines, movies, and pornography—bodies usually closer to perceived social ideals than theirs. When people see lots of naked bodies, they quickly appreciate the great diversity of the human form and judge themselves less harshly. In addition, many people fear that others think they're unattractive. When everyone is naked and no one disapproves of how anyone else looks, that can be very therapeutic.

## Why Join KZNNA?

### Relaxation

To relax when in the nude is the absolute best way to relax. That, all embracing feeling of a breeze of fresh air all over the skin, being naked in nature, get you back to one's basic natural state of self. In this natural state relaxation is more meaningful, when the stress sheds with the clothes.

### Socializing in the nude.

When all the clothing comes off, so does the social-labels and body concerns. Intensions are laid bare and only humanity remains. When people are nude, the only way to self-express is through individuality and personality. Conversations are just so much deeper; empathy is just so much more. You can only truly accept yourself if you accept others. Social nudity makes this, a natural process, easy.

### Community

If you want instant family, become a Naturist. It's a well-known fact! Clothes divide people, non-sexual social nudity unites us! Without clothes, people tend to rely on their true personalities to make a statement and accept others for who they are, rather than what they might be wearing. When we shed their clothes, we also shed the stress of our busy lives.

### Weekends Away

Do you like to spend your holiday clothes free? Come enjoy a members-only weekends with us, every time, either at dedicated naturist resorts or naturist-friendly booked venues! Bring your towel, smile and your birthday suit. KZNNA is a member of INF. Discounts on accommodation at other naturist resorts in SA and internationally do apply.

### Activities

We do stuff. We chill on the beach, swim, play games, have markets, parties, talk, braai, party, sing, hike, run, yoga, sauna, do prayer, the usual, normal stuff ... just naked.



KZNNA is a SANNA & INF affiliated Naturist organization

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