

Mudwalking: Unleash the Power of Walking for Vitality+Rejuvenation+Longevity


By Larry Sarokin

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Four-thousand years ago in the mountains of China, a group of monks realized the value of walking. Over time, they evolved the simple act of walking into a complete physical, mental and neurological training with powerful rejuvenative effects. Mudwalking is a Westernized version of this ancient exercise. It will transform your daily walking routine into a powerful mind-body workout in the same amount of time you spend doing "ordinary" walking. Mudwalking changes lives, and can change your life.

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