

BAREFOOTWEAR.

Natural walking at its best.



JOSEF SEIBEL



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Benefits, features, products.

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BAREFOOTWEAR.

Not just a shoe.
A way of life.

The **barefootwear collection** represents a walking experience inspired by walking barefoot – direct, light, and unadulterated. Designed for people who want to move more consciously and naturally, these models offer maximum freedom of movement and a tangible connection to the ground.

Barefoot shoes are ideal for anyone who wants to strengthen their foot muscles, improve their posture or simply walk more naturally.

The clear, minimalistic design supports active, natural rolling and strengthens the foot muscles – without compromising on high levels of comfort.

Barefootwear opens up a new dimension of lightness and natural freedom of movement.

Strong for your feet, stylish for everyday wear. Whether in the office, on a stroll through town or in your free time: **JOSEF SEIBEL barefootwear** combines health, energy and well-being – for a ground-level, authentic walking experience that you can see and feel.



1 Benefits of natural walking.



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BENEFITS.

Walking in barefootwear.

- ✓ **A more natural walking movement.**
Promotes midfoot or forefoot running instead of heel striking; can reduce strain on the knees and other joints.
- ✓ **Strengthen the foot muscles.**
Activates small muscles in the foot and lower leg; leads to more stability in the feet and ankles in the long term.
- ✓ **Improved body posture & perception.**
A thin sole enables more direct contact with the ground, promoting balance, coordination and a more upright posture.
- ✓ **Natural shock absorption.**
The body learns to absorb shocks itself through the muscles and joints.
- ✓ **Light & free walking feeling.**
More mobility and freedom compared to classic shoes.



DESIGN.

Barefootwear and its benefits.

- ✓ **Thin, flexible sole.**
Usually 3–6 mm with minimal cushioning.
- ✓ **Zero Drop.**
Heel and forefoot at the same level.
- ✓ **Large toe box.**
Plenty of room for your toes.
- ✓ **High flexibility.**
Shoe is easy to bend or roll.
- ✓ **Light weight.**
Minimalistic design.
- ✓ **Protective function.**
Thin but robust TR-Rubber sole material.

MINIMAL SOLE.

Maximum feel.

With barefoot shoes you can feel the ground beneath you – every unevenness, every movement, every detail.

Walking becomes a real experience again – natural, more intense, and full of connection with your surroundings.



ZERO DROP.

100% Balance.

Barefoot shoes bring you back to your natural balance. No elevation, no artificial guidance – just a stable stance that supports your body as it is naturally meant to.

This allows you to find your footing, feel your centre and move through life with real balance.

- ✓ Direct contact with the ground.
- ✓ Better perception.
- ✓ Natural shock absorption through muscles and joints.

- ✓ More natural posture.
- ✓ Promotes midfoot and forefoot running.
- ✓ Relief for knees and hips.





LARGE TOE BOX. Free development.

In barefoot shoes, your toes finally have the space they need. No pressure, no restriction – just natural freedom of movement.

This means you can take more stable steps, walk more relaxed and feel completely comfortable with every movement.

- ✔ Supports natural foot splay.
- ✔ More stability.
- ✔ Strengthening of the foot muscles.
- ✔ Healthier foot position.



2 Features of barefootwear.

HIGH FLEXIBILITY. Move naturally.

With barefoot shoes, every movement adapts to your body.

Smooth, free and unrestricted – this is how you enhance your natural mobility in everyday life and on the move.

This is how you walk, run and live in your own rhythm.

2 Features of barefootwear.



- ✔ Foot works actively in all directions.
- ✔ Strengthens small muscles.
- ✔ Promotes mobility.



LOW WEIGHT.

More you.

With barefoot shoes, you feel lightness with every step.
No unnecessary ballast, just you and your natural rhythm.

Every moment feels freer- authentic, unfiltered and very close to your natural self.



MORE PROTECTION.

Without any obstacles.

With barefoot shoes, you are close to the ground - and still safe.
The flexible sole protects you from stones and uneven surfaces, without taking away the real feel.

So you can walk lightly, freely and with confidence on any adventure.



- ✓ Feeling of freedom.
- ✓ Less energy consumption.
- ✓ Closer to walking barefoot.

2 Features of barefootwear.

- ✓ Protection against cold, wet, sharp stones, shards or tarmac.
- ✓ Safer running, even in urban environments.
- ✓ The advantages of barefoot running without the typical risks of bare feet.

2 Features of barefootwear.



SPIRIT OF NATURE.

barefootwear.

Discover the freedom of walking barefoot with the **Spirit of Nature** barefootwear collection by **JOSEF SEIBEL**.

Each model has a **removable foam insole** that gently acclimatises you to walking barefoot, and a **large toe box** for natural freedom of movement. The **flexible TR-Rubber sole** with cork components lets you feel every step without compromising on protection and comfort.

Our collection offers women's and men's models, fectly adapted to each foot shape thanks to tailored lasts, and includes both summer and winter versions – so that you can enjoy the barefoot feeling in every season, at home and on the go.



JILL & JIMMY.

Made in Germany.

Jill & Jimmy – handmade in our own factory at Hauenstein, in the centre of the Palatinate. Whether as trainers or slippers, these styles embody genuine craftsmanship, short distances and sustainable values.

The sole is made of particularly flexible material, offering an optimal combination of flexibility and durability. This ensures a secure grip and high level of comfort with every step.

Each pair is part of a limited edition – crafted with attention to detail, a reduced environmental footprint and an uncompromising commitment to quality.



BAREFOOTWEAR.

With **EASYON** function.

- ✓ Quick to put on.
- ✓ No need to bend down.
- ✓ No lacing.



Experience the freedom of the barefoot feeling – now even more comfortable! Thanks to the innovative **EASYON** function, you can slip into your shoes in a flash without having to bend down or lace them up.

Just slide in, feel good and start walking.

Ideal for all those who value comfort, functionality and a natural walking sensation.

- ✓ **EASYON** is available for Wynona 11 and Wallace 06.



BAREFOOTWEAR.

How to wear barefoot shoes.

- ✓ **Start slowly.**
Initially only wear for 30–60 minutes a day.
Gradually increase the wearing time.
- ✓ **Prepare your foot muscles.**
Do foot and toe exercises.
Also try walking barefoot at home.
- ✓ **Walk & run correctly.**
Short steps, roll gently.
Land on the midfoot or forefoot, not hard on the heel.
- ✓ **The right fit.**
Enough toe room.
No pressure points – the shoe should feel flexible.
- ✓ **Vary surfaces.**
Start on flat paths first.
Later include natural surfaces such as meadows, sand and forests.
- ✓ **Listen to your body.**
A little muscle fatigue is normal.
If you feel pain, take a break and increase usage more slowly.





JOSEF SEIBEL

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