

Going shopping for shoes is not fun for everyone...

NEVER waste your time in shops looking for good shoes ANYMORE!

If you are like me, going shopping for shoes was fun when you were young and you dreamt about trying all the shiny high heel shoes and the sexy black boots in the shop or the new batman sneakers that make light when you run, but past this time of your life, the reality is that it often turns into an excruciating and desperate mission each time you need a new pair of shoes...

I bet you are familiar with this kind of experience:

Spending hour if not days, going from one shop to the other. When you finally found a pair that you liked, they are out of stock of your size or it's completely out of your budget.

At the end, you desperately buy a pair that you don't like that much or that doesn't fit that well thinking: "It doesn't matter anyway, I'll have to buy a new pair in 6 month, they never last long..."

And you start wondering "But why is it so complicated to find decent shoes?! Isn't it ironic to be in a shoe-shop surrounded by hundreds of different kinds of shoes and walking through the aisle not finding anything that suits me?"

"By the way, why did my feet decide to stop growing in between size 38 and 39 ?"

"Why are these shoes pointy when my foot is large and square? Pfff, I just give up!"

Back home, you have a pile of shoes in the closet but none of them really suit you. At the end, you are still wearing the same old dirty pair that should have been in the trash since a long time. Yes, it's true; you are completely over-attached to it. Why? Because it was almost impossible to find it in the first place! And that nothing is as comfortable as that old pair! You just hope that no-one is around when you have to take them off because they really stink!

Maybe, like me, arrived a moment when you were so desperate to have to look for new shoes again that you thought: "I will just go barefoot! I heard that walking barefoot was healthy! It hurts at the beginning but it won't stop me!"

That's what I did, I toughened up and after all, I started to really enjoy walking barefoot. I love feeling everything under my feet, the texture of the soil, the moist grass and warmth of the dirt... but I must admit that in many cases it's not that nice... In cities for example, people started looking down at me and the security guards were always after me.

But this was nothing, what I didn't like it that I was constantly looking at my feet swearing about the broken glass and the dirtiness of the streets. How many times didn't I think "They really don't make barefoot-friendly pathways nowadays? I wish there was more soft grass and tender forest dirt roads on this planet!"

But the truth is that it's the ground is hard, rocky, spiky, pointy, burning, freezing, ect...

One day, a friend told me about his "amazing minimalist shoes" and convinced me to get a pair. But coming from walking barefoot, I was really disappointed. Yes, your toes can spread but the rubber soles isolate energetically you from the ground and you don't get the same sensory feedback. Your skin is in contact with synthetic materials that make your feet sweaty and stinky.

They're fine for being outside but at work people look at you a bit funny...

I wore them for a few months and then too, didn't last longer...

What to do?! With all these issues we encounter with modern shoes, we start thinking negatively about ourselves :

"What's wrong with me?"

"I've got weird and ugly feet",

"My feet /my toes are too big/too small",

"I've got stinky feet"

And as we grow older we think :

"I've got feet problems, my grandma had too..."

"I need more arch support"

"I need extra-padding"

ect.

BUT LET ME TELL YOU ONE THING : YOU AND YOUR FEET ARE NOT THE PROBLEM !

Modern shoes are the problem! It has become so common that we don't realize how much our shoes destroy our feet and make us sick.

After a bit of research, I discovered that shoes are even worse than I thought :

- They disconnect you from the Earth creating inflammation and imbalances in the body
- They don't respect the natural shape and movement of the foot creating weak feet and foot illnesses
- They change your natural way of walking inducing a high impact on the heel that creates joint injuries
- They are often made by modern slaves and create a crazy amount of pollution on the planet

Podiatrists and Health experts like Daniel Liberman and Cint Ober don't hesitate to blame the shoes for being one the major cause of chronic illness and chronic pain.

When we think about it, we are the only animals on Earth that wear shoes and spend most of our time completely disconnected from the ground. Could it be the reason why humans are so vulnerable to sickness?

But don't worry, I have some good news for you.

First, I know the reason why you struggle so much to find good shoes in shops.

The answer : They simply don't exist in shops!

Ok ok, here is the real good news: **the ideal shoes DO EXIST !!!!**

But it's nothing new or unknown as they have been worn by humans for over 40 000 years :

Soft-sole Leather Moccasins

And the final good news is that I can teach you how to make them easily, at home, perfectly at your size no matter the strange shape of your feet and even if you are a complete beginner in crafts.

Yes yes, I repeat, **EVEN IF YOU HAVE ABSOLUTLY NO EXPERIENCE IN CRAFTS! YOU CAN DO IT!**

Learn how to make THE perfect shoes and

NEVER EVER waste your time and energy in shoe-shops anymore!

When I came accross Moccasins for the first time, I was blow-away by the simplicity and the elegance of such shoes.

Coming from the perspective of a designer, I though "this is a perfect design".

First of all, they are COMFORTABLE, which is the first thing we want from shoes, isn't it? When I say comfortable it's not just that they don't hurt, no, it's the kind of feeling like "Haaaaaaaaa !!!!!"

Some people say : "It's like little hugs on my feet", other say "it's like paradise", "velvet socks" or "there are no words..."

Secondly, they are BEAUTIFUL and suit in any circumstances.

When you think moccasins you might think about the boat-loafers or some Indian style with lots of tassels.

My moccasins patterns have been adapted to look modern and elegant. They suit equally well men and women and can be worn everywhere. Because they are simple, they match well with any kind of clothes and style at any age. Recently a customer sent me two pictures of her wearing her moccasins: a serious one was at work in the Museum and the second one with her sheep in the garden!

Moccasins are even more than healthy, there are HEALING shoes!

We often don't realise that normal shoes are unhealthy until they start walking barefoot or with minimalist shoes.

One quarter of all the bones in the human body are in your feet.

When these bones are out of alignment, so is the rest of the body.

Moccasins allow your feet to spread and move in a natural way which will automatically rebalance your general posture.

These shoes will teach you how to walk/run more lightly, reducing impact on the joints and improving your performances.

Moreover, leather is a conductive material that allows the free electrons from the Earth to replenish your body, it is called Earthing or Grounding. When you are earthed or grounded, pain and inflammation decreases, blood circulation is improved, toxins and free-radicals are neutralised, and much more.

This cannot happen when you wear shoes with synthetic or rubber soles.

Moccasins make you FEEL ALIVE and WELL

Walking with thick rubber soles gives us a false sense of safety, we end up fearing to feel what we have under our feet and walking gets boring as we always land on the same flat surface of our shoes all the time. The 7000 nerves that end in each of our feet are there for a reason, they need stimulation. For that you don't need to pay for a reflexology massage, go barefoot... Massaging these reflex points in the feet improves body functions and reduces tension in the whole body.

The soft-leather soles of moccasins are just what you need to feel safe and protected in order to walk with confidence while at the same time enjoying the full sensory-feedback of barefoot walking. Feeling the alive ground under our feet is an incredible source of satisfaction. We feel alive and connected with the infinite web of life.

Moccasins are ECO-FRIENDLY

Moccasins are made in leather : a noble, breathable and durable natural material. The same pair of moccasins can last you for years but the day you get rid of it, it can compost in nature in a few decades.

In terms of production, leather is a by-product of the meat industry so as long as there will be people eating meat, there will be skins to be used. If these skins are not used to make leather or drums, they become a waste, so we may as well use it!

If this shocks you, I personally think this is a more eco-friendly solution than to mass produce cheap shoes from petrol-based materials that will take 1000 years to decompose. Think about it...

Moccasins are ETHICAL

We are in the 21st century and SLAVERY still exists. Isn't it time for this to stop?

The shoe and the clothing industry are the first sector to employ "forced labor" in third-world countries.

The reason why? For us to be able to buy a pair of shoes for 20\$ every six months...

Only one way to stop this: STOP BUYING!

This is a big reason why I also encourage you to make your shoes by yourself!

Be the change that you want to see in the world!

Once you start making your own things, you will value better the work of your local craftsmen.

I believe that buying local, exchanging, making things by yourself, are the base of the new economy if we want to continue to sustain Human life on this planet. But for this we need to regain the SKILLS.

Make your Earthing Moccasins in less than 1 day!

with Lougaya's Video Tutorials

NO EXPERIENCE NEEDED

You will be guided step-by-step in short video sequences in which I will show in full detail all you need to know to make your own moccasins like a pro.

There will be no patterns to draw, no calculation and no sewing machine. Just a printer and a few simple hand tools.

FROM YOUR HOME

This skill is quite a rare one, if you had to travel to the nearest moccasin maker, you would probably have to go quite far! Now you can stay comfortably at home while at the same time receiving the same quality of teaching as if you were right by my side.

AT YOUR OWN RHYTHM

Learning a new skill takes concentration and practice.

It's almost impossible to integrate everything over a single day of workshop.

With the Video tutorials, you will be able to go at your own rhythm and to watch and repeat each video as many times as you need until the time you won't even need it anymore.

A PERFECT FIT FOR EVERYONE GUARANTEE

Each foot is unique and deserves a unique fitting.

Unlike other shoe patterns that you can find that are made to fit standard sizes, my patterns are made to be custom-fitted. This means that you can have a long and a thin foot or a large and short one, my patterns will adjust equally well.

This is also why I don't make the moccasins to send away, best is to adjust them to the millimeter directly on your foot!

- OUR OFFERS - (photo examples)

6 tutorials to choose from to make perfectly fitted moccasins

WHAT'S IN THE COURSE ?

Over 2 hours of Videos about moccasins making from A to Z

The same teachings in the format of a written PDF tutorial

The set of patterns to fit anyone from size EU 34 to EU 48

A bunch of bonus videos like "how to make your leather soles to make your moccasins last for years" and "how to make your natural leather conditioner".

Access to the exclusive support group on Facebook where you can exchange and be inspired by other crafters.

The unconditionnal support of Lougaya that will be there to answer your questions no matter what.

IT'S NOT FOR YOU IF :

You are impatient and unwilling to go through a new learning process.

You are not able to follow precise (but easy) steps in order.

You think you know better and you always want to do YOUR way (The rebel artist / PS: you can express your art customizing your shoes after they are finished...)

IT'S FOR YOU IF :

You understand that conventional shoes are not healthy and you are looking for an alternative.

You are looking for grounding shoes that respect your natural posture

You have trouble finding the right shoe- size in shops

You are a barefoot lover

You care for the planet and you don't want to support forced-labor.

You are able to follow precise but simple instructions

You are able to be patient while learning a new gesture, giving yourself the time to practice.

You are determined to stop wasting your money in bad quality shoes in shops and you are ready to invest it in learning a useful skill that can serve you and your family during your whole life.

Testimonials :

Patrick

I began using Lougaya's patterns a bit over a year ago as my first leather project. I have made approximately 30 pair and even made my own phone pouch and belt bag.

I completed 3 pair this weekend embarking on a mission to empower people to create their own foot skins, a prayerful process of creation individually and in groups. My first workshop is scheduled for this Thursday with at least 7 people participating .

Much love and thank you for sharing the live and fever of creation. Viva Madre Tierra <3

Fred

My children were always going barefoot and I was always fighting to get them to keep some shoes on until I got them a pair from Lougaya. They actually asked by themselves to get a pair! I was not sure that

they would wear them but they do! Now it's almost difficult to get my kids to put their shoes off in the house...

Laetitia

It's been two years since I made my pair during Lougaya's workshop. Each time I put them on, I am surprised again about how comfy they are...

FAQ

Can you make them for me ? I don't think I can do it by myself

Let me tell you why you shouldn't worry about your ability to make it if you are a beginner :

So far, I've taught in person about 100 people and 150 with my PDF tutorials, Most of them had absolutely no experience in leather craft and some of them had never even touched a needle before. In a day, everyone was able to finish their pair. But the funny part is that people that had never done leather work before were more successful than those that knew a lot about leather craft. In fact the only person that didn't finish her pair during my workshop was working for Louis Vuiton (luxury leather hand-bags) and the same was true online. Instead of carefully following my advices and letting themselves be guided through each easy step, they ignored my warnings and did their way skipping important steps thinking that their complicated tools and techniques could do better. No!

In the moccasins-making craft, it is not your tools or your technique that will make the difference between a well-finished pair and a dysfunctional one, it's simply your precision in copying the pattern and following the steps.

This way of working with leather is not what you would be taught in a specialized course for traditional shoe-making and leather work. You will be taught simple techniques with basic tools. You won't need a special place work and you won't need to travel with a big bag of tools like other leather-crafters do, you can work and travel anywhere with this craft.

I don't have the time...

With a little bit of practice, you can make a pair in only 2 hours. Of course the first time will probably take a bit longer but let's see, how much time would you spend in shops or online looking for new shoes?

And you don't have to do it all in one day, we've divided the course in small sequences of 5 to 20 minutes that you can watch and repeat at your own rhythm. If instead of scrolling on Facebook, you spend 30 minutes on making shoes, you'll have learnt a new skill and have new shoes only 4 days!

Where to source the tools and the leather for that? What is in the kit?

In the same way we don't choose the same kind of paint for drawing on paper or for painting the fence, we choose a special type of leather to make moccasins. To make it easy for you to get started without wasting your money and time trying on some leather that is not compatible with this kind of craft, we have prepared full KITS for you with leather and tools. Kits are posted in 1-3 business days and we offer international free shipping.

The kit includes :

A leather awl

2 blunt saddle needles

Enough waxed thread for 1 pair of moccasins

A big coupon of bull leather, enough to make the shoes in size EU 47

We have selected the best quality of leather from France in accordance to our ethic.

It is the same leather that we use professionally for the moccasins we sale on local markets and everyone agrees to say that it is exceptional. It has the particularity to be very supple and thick at the same time (2mm) which makes it very pleasant to work with. It also makes the most durable and comfortable shoes.

There have no soles, is it strong enough to walk outside with it? How long do they last?

Yes of course, it's like if you had a thick second skin to protect you. You will feel everything but it will not hurt like when you walk barefoot (at the beginning). You will be perfectly protected from broken glass, sharp objects, prickles and burning tarmac...

Of course, after some time, you might get a hole in them. But no worries, it's normal, you will simply have to glue a piece of leather for a sole. We will explain this in the BONUS "How to make your own leather soles". Later in time, you can simply replace that sole or glue another one on top of it if needed... In this way you can keep the same pair for years. We've had several people tell us that they were still using the same pair (bought from my teacher Jory) after 10 years and more...

What if it rains and they get wet?

This kind of leather is treated to be resistant to water splashes but it will also be resistant to being completely wet. Because of the way it is tanned, it will not harden like other types of leather when exposed to water. Just make sure they dry well and that you apply leather conditioner on them regularly.

Can I run with them?

Yes of course! Did you know that the most resistant ultra-marathoners are people that run barefoot like the bush-men in Africans or with minimalist leather sandals like the Tarahumaras in Mexico ?

The problem is in the way people run. Most runners land on their heel which creates a very high impact on the joints and a shock wave all the way to the head. It's painful and very ineffective. We think that wearing sports shoes with super-shock-absorbent thick heels will protect our joints and make us run faster and longer but we are completely mistaken!

When we run in minimalist shoes or barefoot, we naturally no longer land on the heel but on the front part of the foot. We use every muscle for more elasticity and bounce which decreases the impact on the joints and increases our performance.

Like Dr. Daniel Lieberman says: "It is bio-mechanically impossible to run naturally when we use shoes with thick heels". When we understand these basics in bio-mechanism, there is no mystery to why the American Academy of Physical Medecine estimates that 70% of runners will get injured at some point in their life. Once again, the real problem is in the shoes, not the runners.

If you choose to run with moccasins, you will be as close as you can to the sensations of running barefoot while being protected at the same time. It will protect your feet better than running in minimalist sandals keeping you grounded at the same time in opposition to other shoes (minimalist or not) with rubber soles.

I like this product but I don't want to buy leather, I am vegetarian/vegan.

I am vegetarian too! Haha. When you look at the bigger picture of how materials are produced and how they finish their lives, leather is by far more eco-friendly than synthetic materials that compose most of the other types of shoes people wear.

Leather is a by-product of the meat industry, if the skins were not used for leather, they would simply go to waste. As long as there are people eating meat, we may as well make leather rather than producing more plastic that take centuries to decompose.

Conclusion :

Will you spend another day in shops desperately looking for shoes to end up buying another imperfect pair that will pile-up in your closet with all the other ones ?

OR will you spend an interesting day learning a useful and rewarding skill to end up with a beautiful pair of moccasin that will make you smile each time you put them on ?

Will you keep wearing your stinky shoes that press on your toes and weaken your feet

OR will you free your feet and re-strengthen them by wearing healthy footwear?

Will you continue to keep your eyes closed on slavery in the world and rejecting your part of responsibility

OR will you accept to face the truth, empower yourself with knowledge and boycott this by stopping to buy new shoes and making your own?

Will you continue to be a bored-buyer OR will you be an excited creator?

Will you continue wasting your money and polluting this planet with shoes that don't last more than a year but take centuries to decompose?

OR will you invest that money in learning a skill that you can use during your whole life for yourself and others making natural shoes that are durable but also biodegradable?