



Glass Walking Activity Information

The Glass Walking Activity will take place on
SATURDAY 2 MAY 2026

Numbers for this event are limited to 90 places – first come first served!

WHAT IS GLASS WALKING?

Until recently, Glass Walking has been the exclusive domain of mystics and fakirs, versed in the ancient disciplines of yoga and the martial arts. The methods have been hidden from prying eyes to promote magical myths about those people fortunate enough to share in the secret "knowledge" - the initiated few.

When a human being manages to pay attention 100% on what he/she is experiencing, something unique and spectacular happens. When we commit 100%, no part of our mind can "wander off": We become the experience itself.

To walk barefoot on razor-sharp pieces of broken glass is an "extreme" way to reach this total 'is-ness', the here and now, thus learning to be completely awake and present in the many daily challenges. It is almost a Zen practise which totally focuses you 'in the moment'.

The way to walk on glass is exactly the opposite of the way in which to walk on hot coals: glass demands slow focused moments of extreme concentration. this practice teaches us to pay attention. It's the fastest way to get 'feedback' from the world around us! The Glass becomes the teacher and heightens your state of mental awareness.

TIMETABLE

09:30 – 10:30	15 Slots
10:30 – 11:30	15 Slots
12:45 – 13:45	15 Slots
13:45 - 14:45	15 Slots
15:30 – 16:30	15 Slots
16:30 – 17:30	15 Slots

COST

It will cost you £10 to take part in the Glass Walk Activity. This is payable on booking to confirm your place.

BOOKING & CONSENT FORM

Young People and Adults welcome but the **minimum age is 10.5 years (on 02/05/2026)**, with parental/guardian consent required for under 16 year olds.

A Glass Walk Booking and Consent form can be found on the Get In website – www.getincamp.co.uk

**This activity is being managed by B.L.A.Z.E. – experts
in fire and glass walking events.**