



AGNI  
BOARDS

# AGNI BOARDS

Beginner's Guide

Your daily reset.

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## 01 What to expect

The sensation on your first time can be intense. That's completely normal and it passes faster than you'd think.

Think of it like stepping into an ice bath. The moment you get in, your body reacts. Every instinct tells you to get out. But if you stay with it, something shifts. The intensity softens, your breathing deepens, and your body begins to let go. The board works the same way.

The nails apply real pressure to the soles of your feet. They will not pierce your skin or cause any damage. What they do is activate thousands of nerve endings all at once — and that activation is what creates the release.

As you settle in, tightness you've been carrying in your shoulders, back, or chest begins to soften. Emotions can surface too. Some people laugh. Some people cry. Both are completely normal. It's your body releasing what it's been holding onto.

## 02 Choosing your board

Agni Boards come in three intensity levels — Easy, Medium, and Hard. The difference is nail spacing. Closer together means more intense.

### Easy

If you spend most of your time in shoes and rarely walk barefoot, start here.

### Medium

If you regularly walk barefoot or have naturally tough feet, Medium is right for you.

### Hard

Advanced practitioners only. Not where you begin.

*When in doubt, go easier. You can always work up. A bad first experience is the only thing that will put you off the practice.*

## 03 Before you step on

The quality of your experience has a lot to do with the state you arrive in.

Find a quiet space where you feel comfortable and won't be disturbed. Some people put on calming music or nature sounds. Others prefer silence.

Give yourself a minute or two before stepping on. Take a few deep breaths, however feels natural. Move your body a little — stretch what feels tight, shake out your hands, roll your shoulders. No specific exercises. Just create a small bridge between the pace of your day and the stillness of the practice.

When you feel ready, that's when you step on.

## 04 How to step on

*Both feet must be centered on the board, weight distributed evenly across the full surface. Don't let your feet hang off the edges.*

### Chair method

Place the board in front of a chair or sofa. Sit and place both feet placed and centered on the board. Feel it without weight first. Press your hands on the armrests and slowly stand up, transferring weight bit by bit.

### Standing method

Stand facing a wall or chair back for support. Place one foot centered on the board and pause. Take a slow breath in — as you exhale, place your second foot on the board. Use the wall to control your weight. Ease into it.

## 05 Once you're on

Stand as upright as you can. Keep your knees soft, not locked. When ready, let go of the support and take your full weight on the board.

Now focus on your breath.

The first few seconds to the first couple of minutes tend to be the most intense. This is the moment most people want to step off. Try to stay with it. Your breath is your anchor — slow inhale through the nose, slow exhale through the mouth.

If the intensity peaks, rub your hands together hard and fast. It works — gives your nervous system somewhere else to focus. Make noise, shift your weight, stretch your arms. Do whatever helps you stay on.

For your very first time, even five to ten seconds is a win. Step off, rest a minute, try again.

## 06 Building your practice

Everyone's journey looks different. Some build up over weeks. Others surprise themselves on day one.

5 to 30 seconds. Step off and on multiple times.	FIRST SESSIONS
Staying on for 1 to 2 continuous minutes.	GETTING COMFORTABLE
2 to 5 minutes, full weight, eyes closed.	REGULAR PRACTICE
5 to 10 minutes of complete stillness. This is where the deepest releases happen.	FULL PRACTICE

There is no rush. Let your feet adapt. Even one to two minutes done consistently will give you real, noticeable results.

## 07 When to use it

People use their Agni Board in very different ways. Some use it three times a day. Some once. Some whenever they need it. There is no single right answer.

### Morning

Arrive fully in your body before the day begins. Some people find it replaces their need for coffee.

### Post-workout

Flush out tension, speed up recovery, bring the nervous system back down.

### Evening

Decompress, release the weight of the day, prepare for rest.

*Listen to your body. It will tell you when it needs a reset.*

## 08 When you step off

The moment you step off, your feet will feel like they're buzzing. Blood flow returning, nerve endings settling, your body responding.

Take a few slow barefoot steps and really feel the ground beneath you. The floor will feel different. Let yourself notice that.

There will be a natural release of endorphins. Take a moment to breathe and absorb it rather than rushing onto the next thing.

That feeling is why people come back every day.

## This isn't for everyone.

Please read before use. Agni Boards are not suitable for everyone. Avoid using if any of the following apply to you:

- Pregnancy
- Current menstruation
- Open wounds or cuts on the feet
- Heart problems or heart insufficiency
- Stroke or heart attack within the last 6 months
- High blood pressure (hypertension)
- Epilepsy
- Neuropathy or loss of sensation in the feet
- Use under the influence of alcohol or substances

*If you have any cardiovascular condition or are unsure whether this practice is right for you, consult your doctor before use.*



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# Your daily reset starts here.

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