

# BLAZE GLASSWALK

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Glasswalking  
Information

BLAZE  
*THE*  
FIREWALKING EXPERTS

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**The Blaze Glasswalk is a calm, focused experience designed to help participants develop composure, trust, and confidence through direct, practical experience.**

**The glasswalk emphasises stillness, awareness, and mental clarity**

### **The Experience**

The Blaze Glasswalk is a calm, focused experience designed to help participants develop composure, trust, and confidence through direct, practical experience.

Where firewalking is energised and exhilarating, the glasswalk is its quiet counterpart, a practice of stillness, awareness, and mental clarity. It is not about endurance, or spectacle; it is about presence.

Each event includes a short pre-walk briefing that covers awareness, mindset, and practical instruction. Every walk is taken individually, guided and supervised throughout by Karen Sterling or a Blaze trainer.

Walking barefoot across broken glass may sound daunting. Many people associate broken glass with injury, so it naturally stirs apprehension. Blaze creates a calm, safe environment where that perception is replaced by awareness and control.

The glass used is real, sterilised, and carefully selected, never sugar glass, never props.

### **Participation Format**

Each glasswalk is a personal, guided experience. Every participant receives individual instruction and supervision from Karen Sterling, Head Trainer at Blaze.

For public events such as fetes, festivals, or open days, the glasswalk can run as a drop-in experience throughout the day. This flexible format maintains Blaze's safety standards while encouraging continuous participation and audience engagement



## Safety and Oversight

- Only Blaze personnel handle or prepare the glass.
- All glass is washed above 65°C with EN1276 approved disinfectant before every event.
- Protective underlay shields the ground and captures any displaced fragments.
- Participants' feet are brushed clear before they step away from the lane.
- Blaze holds full Public Liability Insurance and provides full risk assessments to venues and organisers.
- No alcohol or recreational drugs are permitted before or during the event.

Every event is designed around the venue and the participants. My role is to ensure that everything runs safely, smoothly, and memorably, with the quiet confidence that defines Blaze.

## How It Works

The glasswalk is conducted indoors or under cover and can take place at any time of day or night.

If there are adverse weather conditions, the glasswalk will move indoors.

The lane is made from hand-selected bottles broken to specific sizes, cleaned, disinfected, and laid to produce a distinct crunching sound underfoot.

Each participant walks once, under direct supervision, with a Blaze team member beside them. The focus is on balance, breathing, and awareness of movement. The entire process, from briefing to walk, is fully guided by Karen Sterling.

## Space Requirements

- Minimum area: 4m x 3m of clear, level flooring for the glass lane and team space.
- Additional space: Seating area for participants within the same room or area.
- Access route: Clear, unobstructed route for participants between the seating area and the glasswalk.
- Spectator space: Optional, but spectators must remain outside the designated safety zone.

## Environment

The glasswalk can take place indoors or outdoors (weather permitting). Outdoor glasswalking is not suitable in rain, snow, or extreme cold or heat.

LED atmospheric lighting enhances visibility and focus; it is powered by rechargeable power banks (no mains supply required).

Access to nearby toilets or handwashing facilities is appreciated.

## Flooring & Surface

The glass lane can be created on any smooth, solid, level flooring such as wood, laminate, vinyl, carpet, or sealed concrete. The Blaze team provides padded protective underlay to protect the surface beneath the glass.



### Access & Setup

- The Blaze vehicle requires access to unload equipment close to the event area.
- If the event is on an upper floor, lift access must be available as the glass boxes are too heavy to carry manually.
- A minimum of 45 minutes is required for setup and safety checks before the event.
- Allow 30 minutes after the event for safe clearance and inspection.
- All glass is prepared, washed, disinfected, and checked before arrival.

### Power & Facilities

- No electrical supply is required for the glasswalk.
- LED lighting runs on Blaze power banks.
- Background music can be played during the training session (Blaze provides a PA)

### Cleanup

All glass is cleared and checked by the Blaze team after the event. The area is left clean, undamaged, and ready for normal use. No waste or residue remains, and all surface protection is removed by the Blaze team.



# FAQs

## **What is a glasswalk?**

It's a guided experience where you walk barefoot across a lane of hand-prepared, disinfected broken glass. It's not a test of endurance, it's about focus, balance, and calm awareness. It is the ultimate mindfulness walk

Approximately 2000 broken wine bottles are used for one glass lane. The wine bottles are donated by friends and family who are dedicated to providing an endless supply for our glass lane, it's a tough job but someone has to do it

## **Is it safe?**

Yes. The glass is specifically selected, cleaned, and laid to give clear audible feedback underfoot. Karen personally prepares and checks the lane before every event. You'll walk under her direct supervision.

## **It is real glass?**

Yes, there's no trickery involved, it's not sugar glass or quality street wrappers. We're often asked if we use sugar glass or if we have filed off all the sharp edges – the answer is no to both questions!

## **Does it hurt?**

No, it can feel crunchy, cool/cold, and when you finish it feels like you've had a deep foot massage

## **What does it feel like?**

Some say that it feels like walking a shingle beach or giant bubble wrap

## **What should I wear?**

Comfortable, casual clothing. Avoid tights, stockings, or delicate fabrics. The walk is barefoot only.

## **Do I need to prepare my feet?**

No. Normal, clean, dry feet are ideal. You won't need to harden or treat them beforehand.

## **Can I stop half way through for photos?**

Absolutely, we encourage it!

## **What happens if I change my mind?**

You'll never be pressured to walk. Watching and supporting others is equally valuable.

## **Can I take photos or video?**

Yes, as long as it doesn't interfere with the event or safety area.

## **Is it ok if I have a couple of drinks with my friends/family before I start the training, bit of Dutch courage?**

No, we ask that you don't consume alcohol before the training as this can impair your judgment, focus and decision-making skills. There are lots of videos online that started with the words "Here, hold my beer, watch this" We make better decisions without alcohol

## **What's the purpose of it?**

To experience calm composure under pressure and recognise how your focus affects your actions. It's a practical, memorable way to demonstrate confidence and awareness.

## **Can spectators watch?**

Yes, as long as they remain outside the safety zone.

## **What if someone breaks a bottle?**

The glass is already broken, sterilised, and inspected before the event, no bottles are smashed on site.

# About BLAZE

The first fundraising firewalk in the world was held by Martin Sterling on the 5th of November 1984 for his martial arts group.

The sole creator of Blaze was Martin Sterling. A career martial artist, he learnt the art and science of firewalking on a research trip into Indian martial arts in 1983. He studied the art at the feet of the masters in India for many months before returning to the UK in 1984.

Blaze have been running events involving firewalking and glasswalking since that time.

Blaze is now being managed by Karen Sterling

Karen and Martin were married in the Queen's Medical Centre in Nottingham in January 2008 before Martin went to theatre to remove a GBM brain tumour. When Martin died in November 2008 Karen had a decision to make, to return to Scotland and nursing or to remain in Nottingham to carry on the amazing legacy that Martin left with Blaze.

Karen has been firewalking for over 32 years, with Blaze since 2005 and has provided over 3500 firewalking and glasswalking events.

Karen was a Registered Nurse for 22 years working in Accident & Emergency, Trauma, Surgical Admissions and for 11 years was a Sister in an Intensive Care Unit. She has degrees in psychology and biochemistry. Her other interests include Human Behavioural Studies, Hypnotherapy, NLP, Havening and EFT Practitioner. She is presently trying to talk herself out of doing a Masters in Psychology!

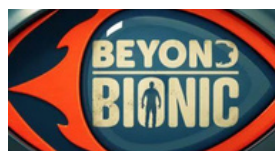
## **Some unique places that Karen has walked:**

Firewalked in both the original and the new Blue Peter Garden 2007 and 2016

Glasswalked live on ITV's Let's Do Lunch

Glasswalked with 40 pairs of twins on the grounds of St Thomas' Hospital with Professor Tim Spector, Dr Chris Van Tulleken and Dr Xand Van Tulleken

Glasswalked on top of the Fourth Plinth in Trafalgar Square, London as part of the One and Other Project by Anthony Gormley in 2009



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## Contact

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