**My first CMNF moments**

by Lara

I would like to write a little bit how I came to CMNF and tell some details about my first experience which even was a little public as well.

I always had these fantasies of me being naked around people but talking about them or even living them out seemed very difficult and scary for me. The first person I could really talk about them with was a friend I met when I was a student. At first we were dating once but quickly decided that it won't work out. And later it happened that we became something like best friends. And somehow we could talk about almost everything, even nudity. So I told him about my fantasies and he wasn't shocked or anything. He liked it. But he hadn't seen me naked for a long while. I sometimes told him about some of my adventures and he used to tease me about it and tried to talk me into something but I never undressed around him. I was a little worried that it would change something between us.

One day I had done a written exam. And I had a very bad feeling about. I was sure I had had a total blackout and certainly failed it. In the evening we both met and he tried to cheer me up what seemed very difficult. At some point he tried it with a little bet. I had told him about the clothing optional public pool in our city. So he suggested that in the case that I had passed the exam after all we should visit that pool together. He would wear his swimming trunks and I should go naked. And it actually worked. We both laughed and I felt somehow better. And I agreed to the bet because I was certain that it was totally pointless. There wasn't any risk at all to loose it.

Well... I was wrong about that. Actually I passed the exam. And it wasn't even close. I was totally surprised when I got the results. And I was a aware of our bet. Surely, I could have talked myself out of it but I have never been a cheater. And secretly I wanted to do it for long but I didn't now how to arrange it. This was a perfect opportunity. So we did it shortly after.

We picked a weekday's evening when the place wasn't too crowded. The pool belonged to a larger spa but it was a little separated. I should mention as explanation that in spas here in Germany nudity is the norm. It's even mandatory usually. But the pool was a little special. It was separated and also accessible for external visitors. That's why it was clothing optional instead. I had even visited the spa before but never the pool. And I didn't really count the spa because everyone is naked there.

When we arrived there I was very nervous. I slowly undressed in a cabin and he was already waiting for me smiling when I stepped out stilled wrapped in a towel. After a quick stop at the ladies shower which was empty to my relief we entered the bath. It looked a little like a classic indoor pool but actually well made and nice. As expected it wasn't too crowded that night. But when I looked at the people I became nervous. I think about half were naked but those were mostly men. I could only spot two naked women and both were at least twice my age. Actually we were clearly the youngest visitors.

We found two loungers near a smaller side pool and also a bit out of sight where we sat down for a moment. But he was eager for a swim and I knew what that meant. So I got up, unwrapped my towel and put it down on the lounger. I noticed that my friend was smiling big and looked me all over. I instantly felt butterflies in my stomach when he saw me naked for the first time but I didn't try to cover anything.

Then we walked over to the main pool and I noticed almost immediately how some heads went up when we came over. At least two elderly guys were staring curiously at me. I tried to ignore them and walked straight to the pool and got into the water. I was glad to be out of sight again and relax a bit. Actually the swimming was a lot of fun. I enjoyed the feeling of swimming naked. And doing it with my clothed friend made it really exciting.

Afterwards we got out of the pools again and returned to our loungers. On the way I saw again that some guys where following me with their eyes. But it felt somehow thrilling now to me. I really enjoyed this moment. We sat down again and I wrapped myself again into my towel and tried to calm down a moment. Then my friend dared me to unwrap the towel and just sit on it. I didn't really think about it, I just did it. I was so thrilled by the situation. And it felt even more exciting to sit there with him exposed. He smiling and kept looking at me again. And from the corner of my eye I thought that we wasn't the only one. Some people were peeking over from time to time.

I can't say how long I was sitting there like this. Maybe half on hour? We talked about different things and he made sure that I was fine. And yes I was! My heart was beating fast but I loved this so much. Then he grinned and asked me why I wouldn't take a slow stroll once around the pool. I thought for a moment but then I took a very deep breath and got up.

I felt my legs being a little weak now but I began walking slowly towards the main pool again. I already noticed some curious looks and they got more when I got closer and became more visible. And they seemed to be a little more people now. I tried to calm down and walked on. When I reached the main pool and was aware that I will have walked directly past some of them for a complete round. I tried to calm down and walked on. I must admit it was very difficult to fight to urge to cover or to quicken my step but I managed somehow. I took a very slow stroll once around the whole pool. I didn't hear any comments but I must have blushed deeply when I came past two men and they conversation felt silent exactly in that moment. Another moment of embarrassment occurred when I returned to our loungers. I was still strolling very slowly and I was walking directly towards my friend giving me a full frontal view of myself for a very long moment. And he seemed to enjoy it. He was smiling widely and I noticed him looking me all over again.

But it didn't feel awkward at all. I just loved it. I was almost intoxicated by the situation. And I didn't even tried to wrap the towel around me anymore after this. We did another swim later and stayed a bit chatting until we finally went home. It was a wonderful and exciting evening. And it wasn't the last time we went there together. We visited that place several time and looked for similar places at our area. And so our CMNF experiences began. My big worry that this would somehow change our relationship quickly resolved. Actually we became even better friends after this got out of the way. And I didn't mind at all being naked around him after that and (his girlfriend later). I am still doing today quite often.