

Yamuna Body Rolling: Save your Feet!

2 – 4pm, April 2nd

\$40 Registration due by Thursday, March 31



Join Certified Yamuna instructor Kandy Duke for this workshop that will give your feet some love and attention!

Our feet are so unappreciated. They work all day long, absorbing all the shock of each step. Working hard to be the foundational support for our body, our feet keep us standing, walking, running, and the myriad of other things we do in the course of all our waking hours. If we aren't feeling pain, why pay attention to our feet? Just as you work out the rest of your body, foot fitness needs to be a foundational part too.

Yamuna Foot Fitness

Yamuna Foot Fitness is a program designed to wake up your feet and bring flexibility, strength, and awareness to this important connection with the ground. The Yamuna Foot Wakers and Foot Savers are the tool utilized with a program of simple exercises. The program teaches you what your feet need to do to be healthy and function well.

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