

Honest *M*ovement Pilates

and Yamuna Body Rolling (YBR)

HMP will begin to host YBR workshops with certified YBR instructor Tiffany Lodes. We will start off with Foot Fitness. Read below and let us know if you are interested in attending this workshop.

Foot Fitness--Saturday, Sept. 18 @ 1230pm

As you know the feet provide essential support and balance for the rest of the body which means you need to care for the feet like you do the rest of your body. Make them strong and healthy and they will take you where you want to go. You will learn routines to raise your arches, realign your ankles, avoid future foot problems and improve your workout. Yamuna's foot fitness program is a simple, easy to use system that educates you on proper foot function, how to improve gait, alignment, prevent and correct common foot problems, and how to maintain strong, toned and flexible feet throughout your life. Yes! You can wear any shoe you want!!!

With YFF you can:

- Improve athletic performance
- Wear high heels safely and painlessly
- Never have foot pain again
- Quickly and easily relieve plantar fasciitis, bunions, heel pain, neuromas, heel spurs, hammertoe, and other painful foot conditions.

Prices:

Workshop is 1.5 hrs at \$40/person

There is a 10% discount on Foot Wakers or Foot Wakers Kit w/DVD if you buy them before the workshop.

Workshop \$40 + Foot Wakers \$42 (Regular price is \$46)

Workshop \$40 + Foot Wakers Kit w/ DVD \$55.80 (the regular price is \$62)

Name Contact info (phone or email) Dates