

## The Yoga and Meditation Center of Montclair

292 Bloomfield Ave., Montclair, N.J.

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[www.yogainmontclair.com](http://www.yogainmontclair.com)

# Save Your Feet

## Heal and Prevent Foot Pain, Easily, Yourself

**Saturday October 24, 2 to 4 p.m. \$40**

Learn how to heal foot pain and prevent foot problems by developing toned, strong, flexible feet using Yamuna Foot Wakers. Free your feet from the restrictions created every day by your shoes. Shoes are the single biggest reason why anyone develops foot pain. Feet enclosed in shoes for hours every day will atrophy. The bones will narrow together, the circulation is cut off, and the muscles, tendons, and ligaments contract.

Although the importance of exercising to keep the body fit, is well-known, most people disregard their feet entirely – and then they are bewildered when they develop foot pain. **Yamuna Foot Fitness** is an easy way to learn how to keep your own feet healthy.

You will discover how your walking pattern puts extra pressure on just one or two points on your feet. This extra stress causes pain. Once you learn to free your feet using Yamuna Foot Wakers, you'll eliminate the imbalances that cause foot problems and eliminate foot pain.

**This workshop is appropriate for people with plantar fasciitis, bunions, and neuropathy as well as those who want to prevent problems from developing.**

When you take care of the feet, you are also taking care of the rest of the body, because the level of foot function affects the legs, hips, and even the back. Working with the Foot Wakers also affects the entire body through the **reflexology points** in the soles of the feet.

HERE ARE SOME OF THE BENEFITS OF WORKING WITH FOOT WAKERS:

- Stimulates, tones, and elongates all of the muscles, tendons, and ligaments of the legs
- Develops more range of motion and movement, not only in the feet themselves, but up through the pelvis and torso, including the spine
- Releases and relaxes the tension in the feet due to being constricted in shoes over the years. When the feet relax, the structures above them also relax.
- Releases impact from the feet, creating greater ease of movement in the joints above
- Increases circulation, stimulates bones, improves alignment throughout the body

**ADVANCED REGISTRATION REQUIRED.** See [www.yogainmontclair.com](http://www.yogainmontclair.com) to register online or send your check and registration form to 292 Bloomfield Ave. Montclair, NJ 07042. Registration form on opposite side of this page.