

Yamuna Foot Fitness

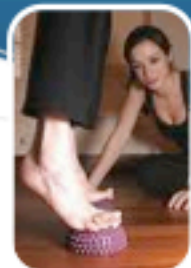
YAMUNA FOOT FITNESS

Everyone has to take care of his/her feet. Yamuna developed quick, concise basics that can be used at any age to improve foot health.

YAMUNA Foot Basics helps prevent or alleviate common foot problems such as:

Plantar Fasciitis
Bunions
Hammer Toes
Morton's Neuromas
Flat Feet and Fallen Arches

Yamuna Foot Basics begins with the walking test. This simple test allows you to self-assess your ability to walk using each part of the foot. Then, a class takes you into working the outside edge, the middle, and the inner edge of your foot. Once you have learned how to work all three lines in your feet, a second walking test helps you see how quickly you can correct your stance - and your posture. You literally stand taller when the muscles of your feet are actually supporting you.



THE TOOLS

Yamuna Foot Wakers were developed to increase flexibility, bring back movement and separation of the bones of the foot, improve muscle tone, and increase circulation and to "get your shoes out of your feet." They wake the feet up and get them moving the way they should.

Yamuna Foot Savers stimulate bone, remove the effects of continual impact on the bones of the foot, and stimulate the reflexology points of the feet (which also stimulates organ function). Foot Savers work more specifically within the different areas of the foot than Foot Wakers to align bone. (Years of wearing tight shoes cause the bones to squeeze together. Yamuna Foot Savers help you straighten each bone out and return it to its natural position.)



Do You Yamuna?

Fitness. Wellness. Oneness.

All rolled into one.

Stretch. Release. Massage.

Yamuna Body Rolling

T'Dance School Of Performing Arts
1400 West A Street
Hastings, NE 68901

www.tdance4me.com