

Foot-shop



Achieve the optimum foundation for your body – to be free to move effortlessly!

Strong, functional footwork is the real basis for our posture and provides the energy for our movement. A quarter of the bones of your body are in your feet. Muscles that support the shape and function of the feet are related to the adrenal glands and the bladder. Feet have nerve receptors sending information to the central nervous system.

If any of the bones of the feet are misaligned, thus impacting on these nerve receptors, your entire body could be affected. Problems with the feet can send confusing information to the central nervous system which can cause mechanical problems in the body. Weakness in the feet can cause knee, hip, lower back, shoulder and neck or jaw problems along with headaches, stomachache, adrenal stress and fatigue – or can result in “shin splints”, dropped arches, flat feet or “Plantar Fascitis”.

When the feet are strong, the whole body is strong!

DATE

Tuesday 24th April • TIME 2-4.15pm

PRICE

£105 (note: maximum 8 participants)

BOOKINGS & ENQUIRIES

Call 020 8878 7384

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