

Happy Hips, Happy Feet Workshop

Saturday 18th August 2018 | 2pm - 4pm | The Healthworks



Happy Hips, Happy Feet Workshop

Free your hips, legs and feet in this 2 hour class of pure release.

We will focus on relieving tension, improving alignment and bringing the spring back into your step.

You will learn rolling moves to understand how to heal and prevent painful conditions in these areas.

Our feet have reflex points that affect our entire being, so when you care for your feet you really are taking care of your entire body.

All balls are provided. Come ready to roll!

Price: £35

To book visit:

<https://ticketlab.co.uk/event/id/1655>

Benefits of YFF®:

- Working the feet stimulates, tones, and elongates all the muscles, tendons, and ligaments of the legs.
- Enables people to develop more range of motion and movement, not only in the feet themselves but up through the pelvis and torso.
- Releases impact in the feet, creating greater ease of movement in the joints above.
- Increases circulation throughout the body.
- Stimulates bones, improving bone quality.
- Improves alignment throughout the body.
- Relaxes the nervous system.

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Fallon Stocker is one of the few Yamuna Body Rolling and Yamuna Foot Fitness specialists in London.

Fallon holds a BA Hons in Dance Studies where she studied anatomical and dance science based modules, she is certified as a Personal Trainer, Mat Pilates teacher, Barre instructor and Yamuna Bodyworker.

Her classes bridge the gap between precision and free flowing creativity; maximising the potential of her students while maintaining a safe, fun and enjoyable workout.

Fallon continues to be inspired by her teachers Matthew Cohen, Yamuna Zake, Gary Carter and Neale Bergman. She continues further studying in the fields of Pilates, Yoga, Yamuna Bodywork and Dance Science.



* **Spaces are limited to maximum 7 students. To avoid disappointment please book early.**

The Healthworks

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