

# ***YOGA FOR YOUR FEET***

## ***A Workshop with DL***



**Saturday, June 17, 2017 1-3 pm**

**\$40 before 6/12, \$50 thereafter**

Garden of Yoga

140 N. LaGrange Rd., Ste. 17  
LaGrange, IL 60525

708-989-1329

[www.gardenofyoga.net](http://www.gardenofyoga.net)

**Humans are upright beings, and the feet are the foundation of our bodies. Our feet spend much time bound up in the darkness of shoes and socks. This zaps the feet of strength as we rely on the support of our shoes. Learn fun techniques and yoga poses to shed light on and rebuild your awareness of your feet and toes. These teachings will be carried into standing poses, emphasizing and retraining our ability to stand strong and well balanced on a stable base.**

***nancy DL heraty*** teaches classic Hatha Yoga with emphasis on alignment and specializes in Yoga Therapeutics for those with specific issues and ailments. Therapeutics for the spine, and specifically Scoliosis is where her expertise shines. DL has coauthored a new book ***“Yoga for Scoliosis, a Path for Students and Teachers”*** which is now available on her website, [yogajourneystotheheart.com](http://yogajourneystotheheart.com).

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