

The Piedmont Yoga Studio is pleased to present:

## **CHANGE YOUR FEET ... CHANGE YOUR YOGA!**

**Yamuna Foot Fitness® and Yoga  
FRIDAY 3/26, 5:30-7:30 pm**

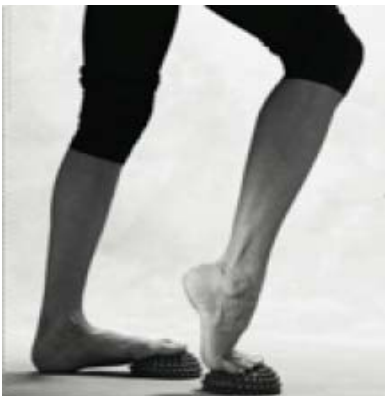
**with Nikki Jordan, RYT, CR, CYBR/YFF**



**Are your feet tight or collapsed or  
do you have bunions?**

**Do you use your whole foot to  
stand or walk, & what exactly is  
proper standing or walking?**

**Your body is your house, and  
your feet are its foundation.**



**Misaligned feet affect the rest of your  
body ... and your yoga.**

**Restructure your feet and  
improve your yoga, or your life!**

**Learn reflexology and Zone Theory.**

**Nikki Jordan is a PYS-trained yoga teacher, IIR-certified reflexologist, and energy healer. She is one of the very few Yamuna Body Rolling and Foot Fitness® instructors in the San Francisco Bay Area. She finds this practice as much a revelation to yoga as props were when Iyengar began using and promoting them. Her students have told her there is no benchmark for this practice, it simply is the fastest way to open the body.**

**OPEN TO EVERYONE, not just yogis. \$42 with ball rental (12 sets available), \$35 without. Required: Foot Wakers & Savers, Calf Balls. Balls are available from teacher at a discount. Contact teacher to register: 510-289-4637 or [healthyandrested@gmail.com](mailto:healthyandrested@gmail.com). For more info, or to get larger discount on a group of workshops, visit [healthyandrested.blogspot.com](http://healthyandrested.blogspot.com).**