

Happy Feet



with Jill Gaumont



Saturday, October 13, 2018

12:30 - 3:30 pm

\$50 (\$45 members)

New Content!

*Includes new
exercises &
info

Bunions? Hammer Toes?

Plantar Facsiitis? Foot/Lower leg muscle pain?



Come discover how lifestyle choices & body alignment might be contributing to your foot pain, and how simple changes and exercises just might be your solution.

#206, 2016 Sherwood Drive . yogafortoday.ca

