

Yoga for Your Feet with DL

Saturday, November 3, 2018

2-5 pm, cost: \$50



Garden of Yoga

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

708-989-1329

www.gardenofyoga.net



DL will lead techniques in Yoga to ready your feet for the winter! The feet are the first things that hit the floor when we wake in the morning, and the last to recline in the evening. Lets get to know them and take care of them so we have a long healthy relationship with them! Basic anatomy and reflexology points will be covered as well as a take home manual of information and poses to continue the practice at home. We will learn techniques for: Inflammation, Bunions, Hammer Toes, Plantar Fasciitis, Improve balance, Strengthen, Stretch, Self Massage, And more!

Nancy DL Heraty specializes in *Yoga for Scoliosis, Yoga for Back Care and Yoga Therapeutics* for those with specific issues and ailments. She is a *Certified Yoga Therapist* with IAYT, and comes from a background in classic Hatha Yoga with emphasis on alignment. DL trained with Senior Iyengar Teacher Elise Miller to become a *Yoga for Scoliosis Trainer* in 2010. She also co-authored the new book, "*Yoga for Scoliosis, a Path for Teachers and Students*" with Elise and offers classes and workshops in the Chicagoland area for those with Scoliosis. DL has trained extensively with renowned master teacher Gabriel Halpern at Yoga Circle in Chicago since 2006. DL's personal practice is based on the teachings of B.K.S. Iyengar. She continues to study with senior teachers to maintain a current, informed and fresh approach to yoga. Contact DL with questions at: www.yogajourneystotheheart.com

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