

# スタジオ有料レッスンのお知らせ Lesson Notice (additional charge)

## Yamuna® Foot Fitness

＜足に合う靴を選びではなく、どの靴にも合うフットメイキングを＞

Yamuna® Foot Fitness では、まず始めにウォーキングテストと言われる「歩行のセルフチェック」からスタート。片足に 26 個ある足部の骨が現在どのように使われているか、また左右の違いを確認します。フットウェイカーを使い踵→足裏の外側→中央→内側の順番でワークをします。落ち込んだアーチを引き起こし、曲がった指を矯正しながら骨のアライメントを整えます。それと同時に積極的に足や指の細かい筋肉を使ってトレーニングし、しなやかな力強い足を目指します。足部だけでなく背骨や骨盤の位置を正しながら、股関節・膝・足部の動作を連動させて「地面を踏む＝体を引き上げる」感覚を養います。終わった後は片足で立つ時の安定性が増し、驚くほどスムーズな歩行とよりまっすぐな姿勢の変化が得られることでしょう。足部のセルフケアで様々な障害を予防し歩行や運動のパフォーマンスを向上させましょう。

- 日時：12月6日(火) 11:00～12:15 (75min)
- 参加費：1,650円 (ツールレンタル料込)
- 定員：10名



## Yamuna® Foot Fitness

Instead of choosing shoes that fit your feet, this is “foot-making” to fit your shoes.

At Yamuna® Foot Fitness, we start with a walking test called a walking self-check. We will check how you currently use the 26 bones in your foot. Then we will check to find any differences between your left and right foot.

Using a device called a Footwalker, you will undergo a foot workout in this order → the outside of the sole → the center → then the inside.

This workout will help pull up collapsed arches, correct crooked toes, and align bones.

At the same time, we train the fine muscles of your feet and toes, helping you to attain supple powerful legs.

While correcting the position of not just your foot but also your spine and pelvis, this workout will align the movement of your hips, joints, knees, and feet. It will nurture the sensation of "stepping on the ground while equally pulling up the body".

After you're done, you'll have more stability when standing on one leg, an amazingly smooth gait, and a straighter postural transition. This self-care for your feet will help prevent various disorders and improve your walking and exercise performance.

Yamuna's Foot Fitness was developed to retrain your feet and restore full foot function.

It will help improve total body posture, alignment, gait, flexibility, strength and circulation.

Taking care of your feet is the ultimate anti-aging treatment!

### Benefits

- Heals and prevents common foot problems
- Improves foot alignment and functionality
- Improves gait and foot mobility
- Improves circulation
- Improves muscle strength and bones
- Reduces fluid retention
- Improves posture



Date and time: December 6th, 11:00-12:15 (75min)

Participation fee: 1,650 yen (including equipment rental fee)

Capacity: 10 people

