

# YOGA/FEET

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For Immediate Release:

## **“YOGA/FEET” TEACHES BETTER HEALTH FROM THE GROUND UP**

*The exercise DVD, "Yoga/Feet" teaches relief from foot pain, improved athletic ability, foot strength, and facilitates connection to the earth.*

Have you ever exercised your feet? Feet are taken for granted, even though their condition is critical to posture, standing, walking, comfort and virtually all athletics.

The muscles of the feet, like any other muscles, change shape in response to exercise. The benefits of healthy feet travel up the body improving posture, agility, balance, and athletic abilities.

Yoga/Feet is an exercise program with an alternate approach to improve health & strength from the ground up.

The exercises are demonstrated by Sherri Mills, M.A., L.M.T., C.Y.T., and developed by Warren Grossman, Ph.D as a means to better foot health and connection with the earth. Healthy feet are pain-free feet.

“YOGA/FEET”, BETTER HEALTH FOR ALL WALKS OF LIFE