

12 Days of Wellness

MYOFASCIAL RELEASE

Tuesday, December 11 • 8:30-9:00am



MYOFASCIAL RELEASE YOUR FEET! WITH CHARLOTTE BRYNN

Learn how to use soft and hard surface balls to release tight foot muscles and hydrate the plantar fascia on the bottom of your feet. Learn how tightness in your feet affects the tightness down the entire back line of your body.

Consistent practice will help increase the mobility of your feet and influence how your ankles, knees, hips and spine all move.

Wear: Casual comfortable clothing

FREE

