
yoga-with-lucinda.com

Yoga Workshop

2nd Edition

**UNDERSTANDING
THE FOOT'S
FASCIA AND
FUNCTIONAL
MOVEMENT**

Sunday, April 28, 2024
10 to 12 am

at HERSTREET
Rue des Pierres-du-Niton 6
1207 Genève

Followed by
plant based brunch
hosted by the esteemed kitchen of

A Table Chez Anou

Sunday, April 28th 2024/ 10 am – 12 am

Let's talk feet!

We've got a whole lot going on down there, with 26 smart bones and muscles hard at work to keep us stable during motion.

But, did you know that tiny fascia fibers play a superhero role too? They're a strong support transferring forces during movement.

In our workshop, we're going to dig deep and explore the plantar layers of the foot, uncovering the secrets of this interconnected network of fascial lines.

By training the elasticity of these layers, we'll be unlocking the ultimate foot function and human performance.

It's all about moving smarter, not harder!

Come join us at HERSTREET for some foot-tastic fun.

Let's get our fascia on!

Stay afterwards for **the best plant based brunch in town** with **A TABLE CHEZ ANOU!**

Price: 70 CHF / 70 €

register at: www.yoga-with-lucinda.com