

# **As the foot turns... Feet, Gait and Balance**

with Spencer Baker

About a year ago, I suffered a foot injury. Over the past year, I've sought out help from different practitioners and taking workshops here and around the world. Luckily, my injuries have healed, but I would like to share the information that I've collected along the way.

This workshop will go over exercises to strengthen your overall Gait (walking) and balance. This is useful for many conditions, everywhere from feet to hips, knee and lower back. We will explain 'What is Pronation and Supination' and give actionable strategies for self correction. Looking at our Gait and Movement Patterns can shed some light on how Pilates and Core Strength can apply readily to our daily lives.

**When: Saturday, March 16th, 3pm-5pm**

**Where: 2nd floor, Spencer Pilates Arts**

**Cost: \$30 advance (until 3/10), \$35 day of**