

PUT YOUR BEST FOOT FORWARD

WORKSHOP FOR PEOPLE WITH FEET

Just as the Burj Khalifa relies heavily on its strong foundation to support its towering height, our bodies depend on our feet to carry us through daily life. Yet when is the last time you paid attention to your feet, except when they hurt?

Join foot-obsessed, Pilates instructor, Kathy, as she guides you through a fun and interactive workshop that will give you a new appreciation for and understanding of your feet and the important role they play in our overall health and well-being. Topics covered will include basic anatomy, alignment and gait patterns, foot issues, how to make better shoe choices, and exercises to strengthen/stretch your feet and eliminate foot pain.

Before you and your family dash off for your summer holiday, put your feet on the right path to better health and mobility. You can't afford to miss this insightful (and, yes, FUN!) workshop!

Open to anyone 11 years and older...with feet! Children must be accompanied by an adult.

- 🌿 Date: Saturday 15 June
- 🌿 Time: 10am-12pm
- 🌿 Investment: AED 210 or AED 110 including VAT for children 11-18 years

All prices are inclusive of VAT.

Book your place by emailing
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