

MINI RETREAT FOR YOUR FEET

week one - And this little piggie.....

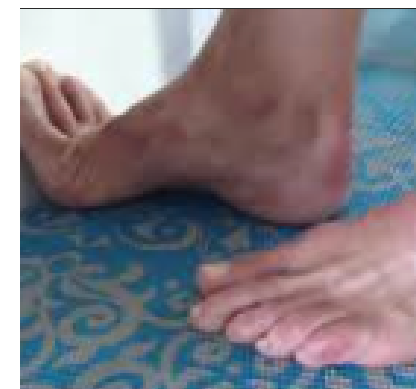
Assessment: Stand with your feet hip-distance apart. Your toes are pointing straight ahead and the tops of your toes are level. Arms by your sides. Eye gaze straight ahead. Close your eyes if you're comfortable. Notice your body weight on your feet. Does one foot feel heavier? Are you standing on the balls of your feet or on your heels? Are you standing on the inside of your foot or the outside of your foot? Does one foot feel totally different than the other?



Tennis Ball Under the Foot: You may sit or stand. Step forward with the right foot. Place the ball of your foot on the ball. Keep the heel on the floor. Allow your foot to drape over the ball. Hold this stretch for up to 60 seconds. Move your foot forward, keeping your heel on the ground and explore another spot on your foot. Then, slowly pivot on your heel to move the ball from one side of the foot to the other several times. Finally, scribble your foot all over the ball. Repeat on the other side.



Toe Stretch Against a Vertical Surface: Stand close to a wall and bring your toes up against a vertical surface. Align your body so your knee is directly over your ankle. You may want to use your hands on the wall in front of you to give you a little extra balance and stability. Hold this stretch for up to 60 seconds. Switch to the other foot and repeat for 3 sets.



Toe Lifts: You can sit or stand for this one. Align your feet in parallel. Your feet are hip distance apart with your toes pointing straight ahead. Start with your right foot. Isolate your big toe and lift and lower your toe. Work up to 20 repetitions. Then, isolate your 4 toes, keeping your big toe down on the floor. Lift and lower your 4 toes and work up to 20 repetitions. Repeat on the left foot. It's okay to use your hands or your opposite foot to help you keep your toes down while you lift the others. Tricky!!



Hold Hands with Your Feet: Sit in a chair and cross your right ankle over your left thigh. Lace the fingers of your left hand in between the toes on your right foot. Hold this stretch and work up to 60 seconds. Switch to the left foot and complete 3 sets.



Spread Your Toes: Sit or stand and spread your toes out nice and W I D E! Use the texture of a yoga mat to help you stick those toes out. Separate your toes using your fingers and hold for up to 60 seconds. Release and set it up again for 3 sets.



Re-Assess: Once again, stand with your feet hip-distance apart. Your toes are pointing straight ahead. The tops of your toes are level. Arms by your sides. Eye gaze straight ahead and close your eyes, if you're comfortable. Ask yourself to notice any changes in the way your body weight feels in your feet. Take a little walk around and notice how you feel.

