



## Sole Sisters

Presented by **Elizabeth Lenart, MEd & Siri Chilazi, MBA, MPP**

Yogis and dancers practice barefoot because it allows them to connect deeply to the physical body as well as emotions. In the Sole Sisters workout, we begin by intentionally awakening our feet, and then carry that strong visceral connection through a variable intensity cardio dance experience. This functional flow enables us to connect to our physical foundation – our soles (feet) – as well as ourselves – our souls – in unique and inspiring ways, leaving us fired up and ready to fly!

### **WE EXPERIENCE A SOLE CONNECTION TO OUR PHYSICAL SELF THROUGH A CONSCIOUS PRACTICE AND AWARENESS OF FOOT FITNESS**

Foot fitness is the intentional and purposeful integration of foot education and cueing into total body exercises. It is more than simply being barefoot!

As instructors and trainers, we want to be...

- Knowledgeable about the feet and barefoot training
- Prepared to educate our students and clients about foot fitness during classes and workouts
- Comfortable role modeling and encouraging barefoot training

... so that our (and our students') feet will have as much strength, agility, flexibility, coordination, and endurance as the rest of our bodies!

#### **Cueing and coaching the feet:**

1. Alignment
2. Neuromuscular Coordination
3. Stability
4. Deceleration
5. Acceleration

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We would love to stay in touch with you! 💕

**DANCE AND YOGA PROVIDE AN OPPORTUNITY TO TURN OUR FOCUS INWARD, CREATING A SOLE CONNECTION TO OURSELVES AS OUR OWN “ONE AND ONLY”**

- Independence
- Individual Interpretation
- Personal Power
- Uniqueness/ Exclusivity ~ there is no one else like YOU!

**A SOUL SISTER IS SOMEONE WITH WHOM YOU HAVE A DEEP CONNECTION AND WHOSE THOUGHTS, FEELINGS, AND ATTITUDES CLOSELY MATCH YOURS**

- There is an exchange of energy
- There is a spiritual essence
- It is a safe shared space
- The connection grounds you just as your feet ground you through your connection to the Earth

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