



**“From Biscuits to Bananas” 3 hours, 3 PMA CECs ©**

“From Biscuits to Bananas” calls upon dancer nomenclature of taking a rigid foot, aka “a biscuit,” and transforming it into a strong, mobile foot, “a banana.” This course designed to teach participants techniques used by professional dancers to increase the range of motion and acceleration/deceleration control of the foot and ankle. Articulate feet for runners, basketball players, yogis, surfers, nurses and people of all walks of life help the body absorb and transmit force. This course is appropriate for healthcare professionals, Pilates practitioners, professional athletes and anyone interested in learning how to care for their feet.