

# Step into better health!

## Podiatry Seminar with

### Yasuhide SHINBO

Leading Japanese podiatrist with  
over 130,000 clients



#### English seminar

**15th March | 10:00 am**

Marlborough Primary School  
2nd Floor, Classroom R2/20  
Draycott Avenue  
London SW3 3AP

**16th March | 10:00 am**

Farm Street Church  
114 Mount Street  
London W1K 3AH

※ Japanese-language seminars will also be held on 14th and 18th March.

**Did you know that ankle problems can cause all these conditions?**



## Timetable

**10am - SHINBO's method - feet, shoes & health**

**11am - SHINBO'S walking lessons**

**12pm - Individual foot consultation**

Pain-free cervical spine correction for all participants

**1pm - Custom-made orthotics for individuals looking to design their own insoles**

※ Insoles at an additional cost



## Fees

£35 per person

£25 per person for 2 or more people

£20 per person for insole holder

## Booking & enquiries

Please contact

Michiko & Ikuko:  
[ukwalking737@gmail.com](mailto:ukwalking737@gmail.com)

## Application form



# INSOLES

## Custom-made orthotics

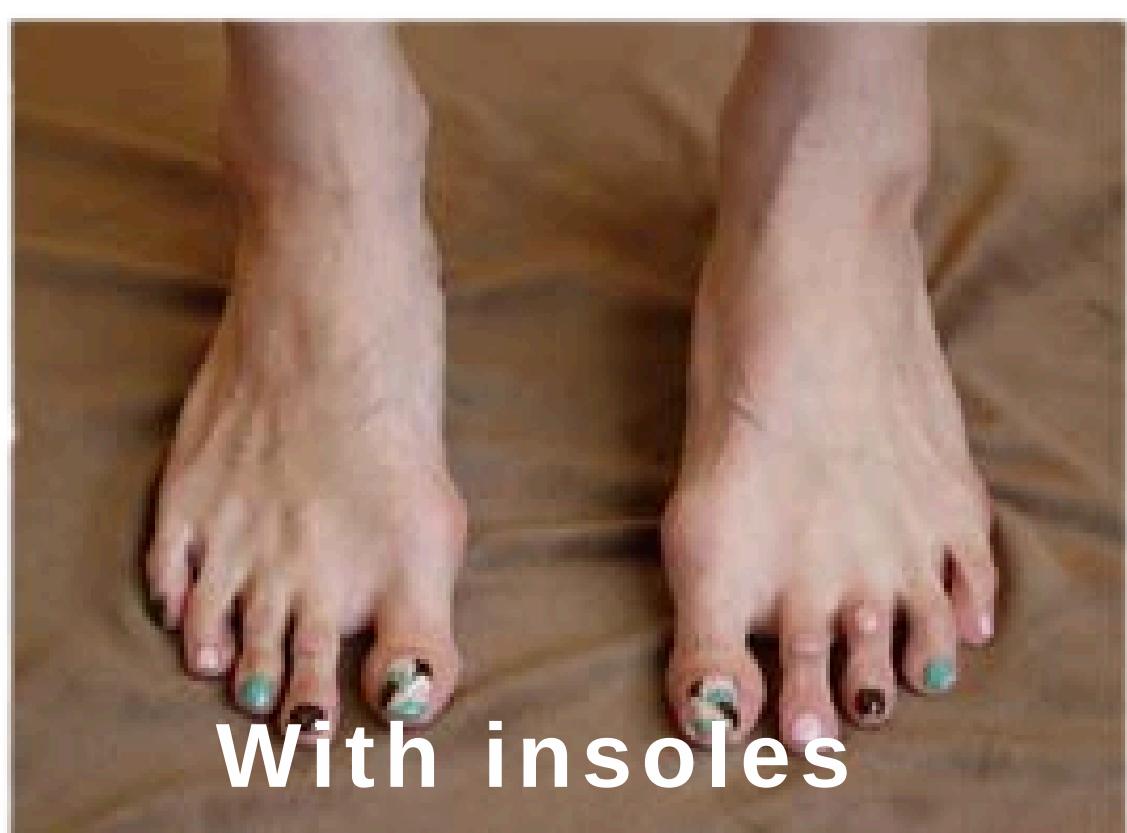
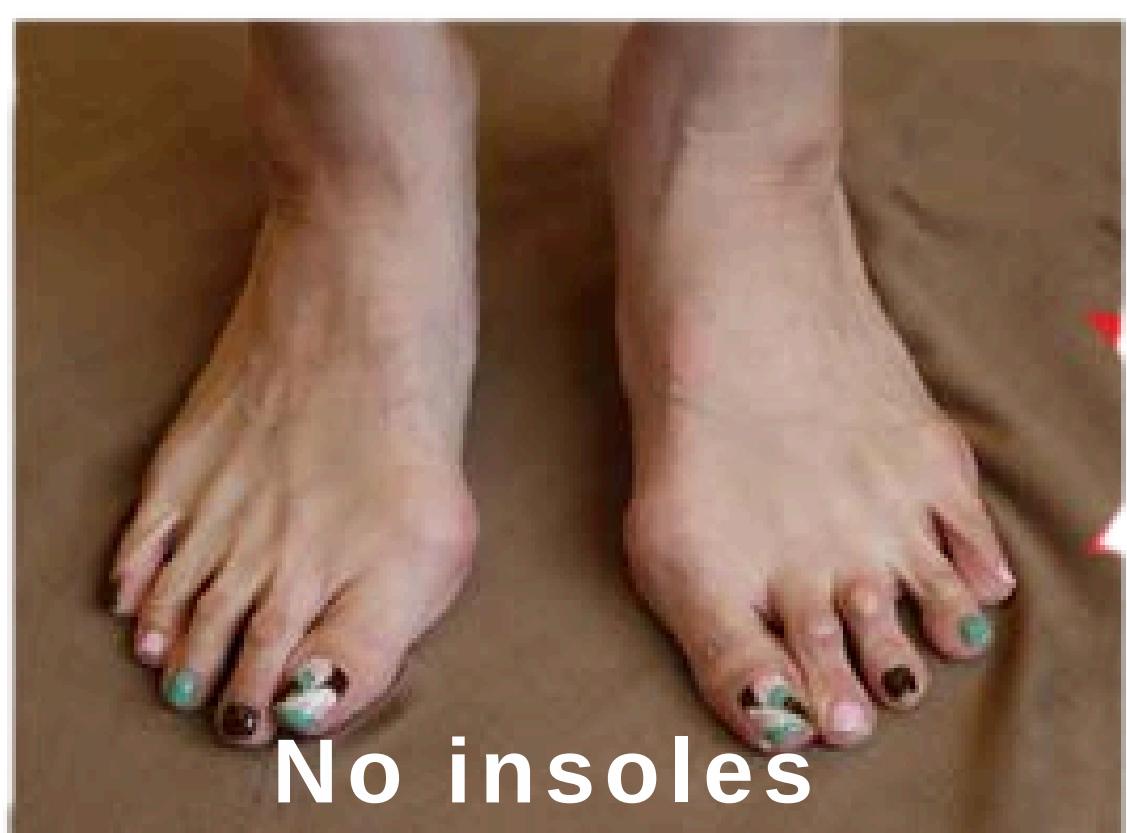


Try them in your own shoes

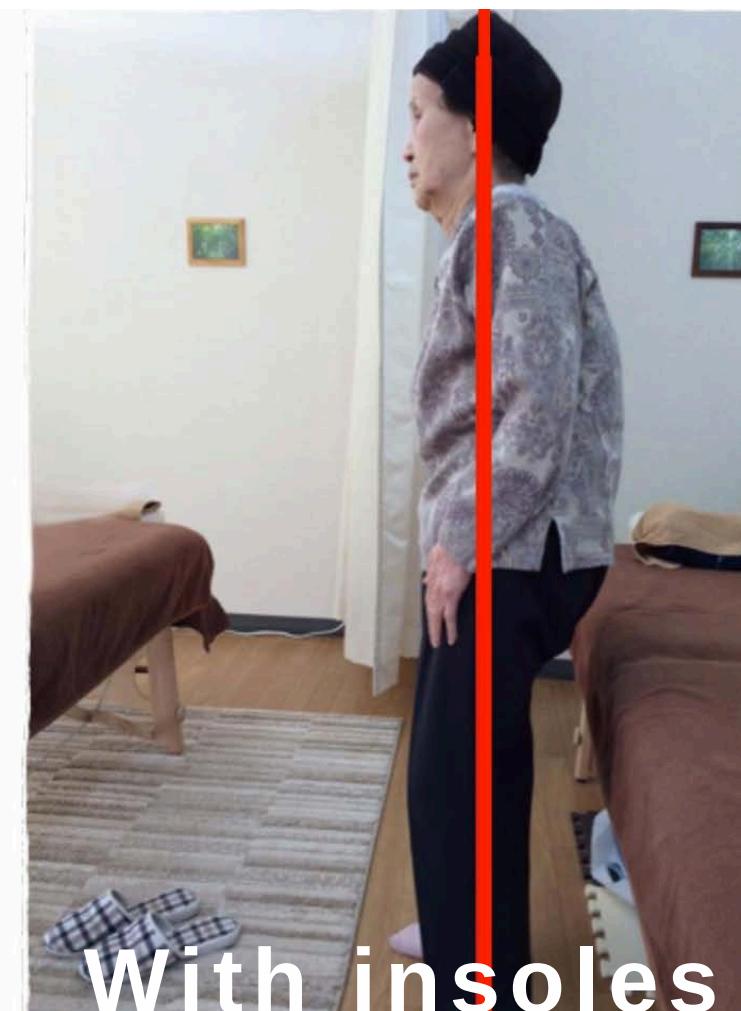
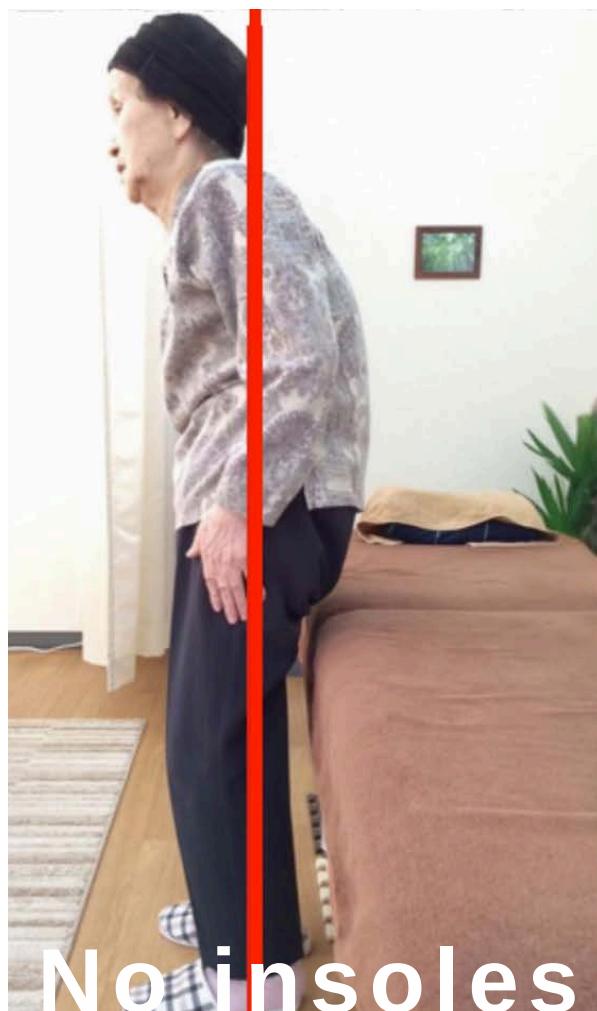
- Insoles can be used **for life**
- One set of insoles can be used with **various shoes**
- Wearing insoles every day improves **your overall health**
- Customers who experienced little benefit from other insoles and treatments say they wish they had discovered **Shinbo's insoles** sooner



Improvement of bunions



Posture improved in a 92 year old woman



For high heels



For trainers and flat shoes



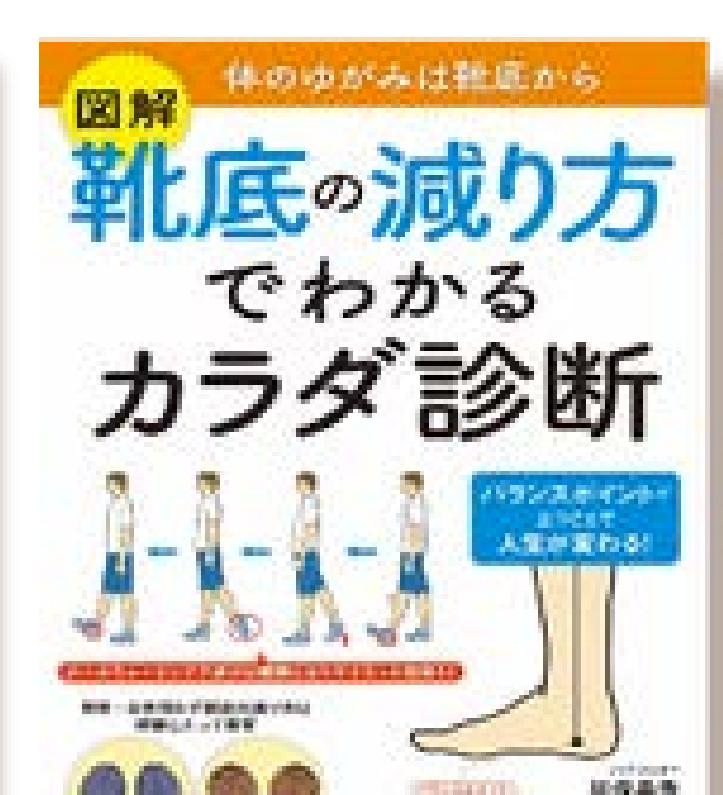
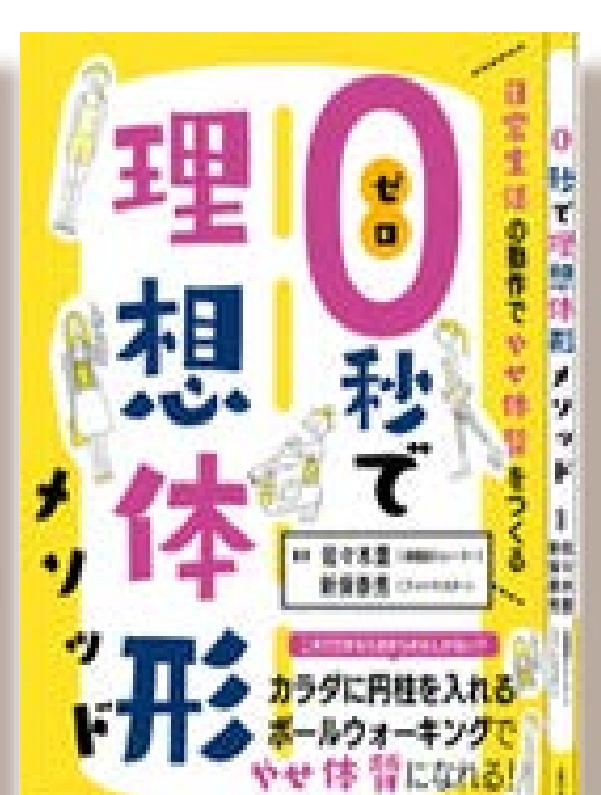
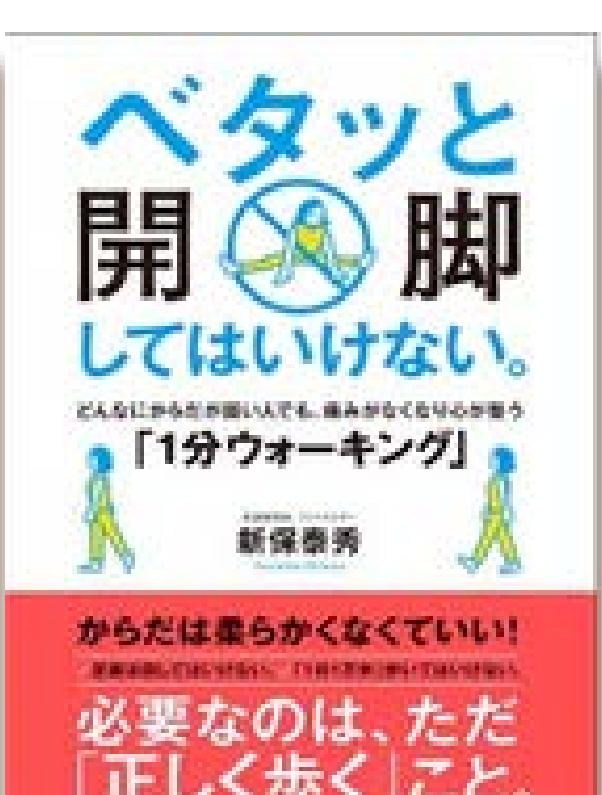
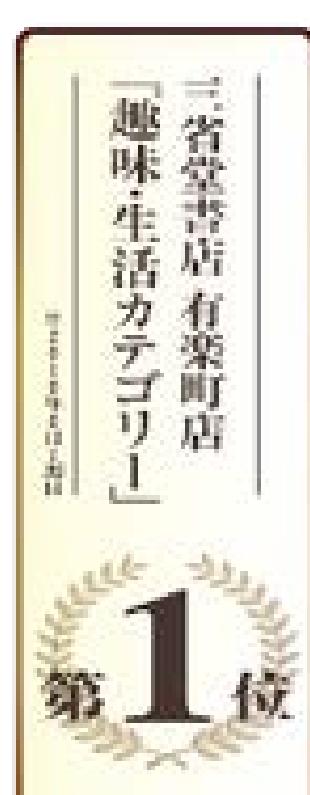
Made with a plaster mould

Bow-legs improved



**Podiatrist  
Yasuhide SHINBO**

Founded Tokyo's leading foot clinic in 2014  
Specialising in custom-made orthotic insoles,  
making more insoles than any other clinic in Japan  
Featured in many Japanese magazines and TV shows



Books by SHINBO