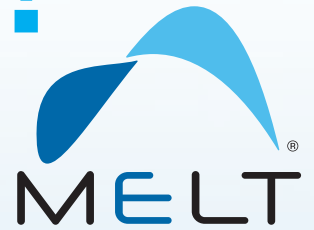


Feel Better Now!

MELT Method Intro Series



Learn how to:

Identify where you have stuck stress in your body, a major cause of chronic aches and pains

Use the MELT Hand and Foot treatment, an indirect approach for the whole body

Improve your Body Sense and notice the changes as you body effortlessly finds greater alignment and balance

Activate your own core strength and stability

Use the soft foam roller to rehydrate the tissues of your body for greater mobility and ease of motion

Safely and effectively decompress your own neck and low back

Relieve common issues like headaches, insomnia, bloating, weight gain, cellulite and more

<http://www.resilientbody.me/melt>

Eight 90-minute sessions

Attend as many sessions as you can for full body care!!

\$45 for the first session, includes your own MELT soft ball and MELT maps with instructions for home use.

\$30 for follow up sessions or if you have your own MELT soft ball.

~~SOLD OUT~~ July 11 at 10:00—Intro to the MELT Method

~~SOLD OUT~~ July 12 at 2:30—Intro to the MELT Method

~~SOLD OUT~~ July 13 at 2:00—MELT Away Upper Body Tension

July 14 at 10—MELT for Your Hips

July 16 at 10—MELT Away Upper Body Tension

July 18 at 10—MELT Low Back Release

~~SOLD OUT~~ July 19 at 2:30—MELT Low Back Release

~~SOLD OUT~~ July 20 at 2:00—MELT for Your Hips

StudiOm

665 Duling Ave
Jackson, MS 39216

To Register Call:
(601) 209-6325