

DISCOVER
PAIN-FREE LIVING



90min. ROLL, RELEASE, & RESTORE

MELT is easy to learn and offers results the first time you try it. **MELT** can help you fall asleep more easily and sleep more soundly, have more energy during the day, improve your posture, reduce stress and tension, shed excess body fat, and even reduce the appearance of cellulite. Best of all, your body will feel great long after you **MELT!**

Sat., OCTOBER 24

from 10:30am-12pm

Location: PR1

INSTRUCTOR: JILL SLATER Please bring your own Yoga Mat!

NECK AND SHOULDERS

We will combine the techniques of:

The Melt Method . **Myofascial Release Techniques** . **Corrective Exercises** . **Yoga Therapy**

...to restore your body closer to its ideal state of alignment, balance, mobility, and grace. Equipment provided.

We will use specialized soft foam rollers, therapy balls, and yoga straps to release stress and tension from your body. Learn techniques to release tension in your shoulders and neck that will improve breathing, posture, mobility and alignment! **You will leave feeling like you just had the most amazing massage and yoga class wrapped up in one workshop.**

Full Member: \$28 **Program Member: \$33** **Non Member: \$38**

REGISTER at www.wyckoffymca.org/WORKSHOPS

