

MELT



90 min. Roll, Release, & Restore

Join us in GYM 2A

Wed., OCT. 7

from 6-7:30pm

FOR FULL BODY



INSTRUCTOR: JILL SLATER – BRING A YOGA MAT!

- Restore and Rejuvenate your body and mind using therapy balls.
- Learn how to self assess mobility and flexibility.
- Learn self-massage and myofascial techniques to release stress, rehydrate tissues, & restore mobility.
- Deeply stretch major muscle groups and utilize different breathing techniques to calm your nervous system.
- **You will leave this class feeling like you had the most amazing massage!**

Full Member: \$28 Program Member: \$33 Non Member: \$38 Space is Limited.

REGISTER at www.wyckoffymca.org/WORKSHOPS