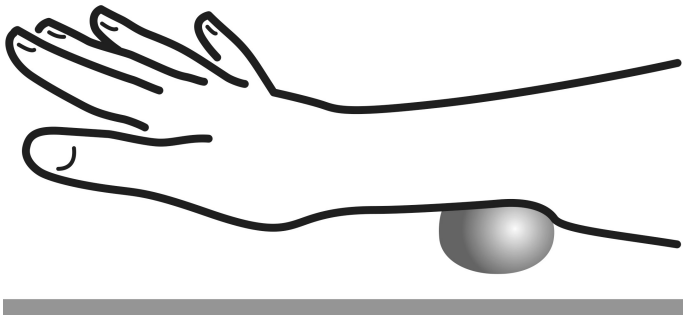


# Feel Better Now

## *MELT Hand and Foot Treatment* *3-week mini series*



**Instructor: Catharine Eberhart**

**Date:** Mondays Sept 21, 28 and Oct 5

**Time:** 1:00 - 2:00 pm

**Raleigh Yoga Center**

619 Oberlin Road  
Raleigh, NC 27605

**Cost:** \$45

**Reserve your space now**

919-856-1390

or email [janebarrett@nc.rr.com](mailto:janebarrett@nc.rr.com)

Space is limited to 12 participants

Erase pain and tension in your hands, feet, neck, and low back brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome.

Join MELT Instructor **Catharine Eberhart** for an introduction to the **MELT Hand & Foot Treatment**. Learn how the connective tissue in your hands and feet gets dehydrated, the common aches and pains it can cause, and how to rehydrate this essential system in our bodies for vibrant health and pain-free movement.

The MELT Method® is an innovative self-treatment program that's being taught in some of the most prestigious health and fitness centers in Manhattan. Learn more about it at [meltmethod.com](http://meltmethod.com)

Treat yourself to a relaxing, healthful, and educational experience at the **Raleigh Yoga Center**. Sign up today! [www.RaleighYoga.com](http://www.RaleighYoga.com).

All props are provided.

Wear comfortable clothes as we will do some standing and sitting in either a chair or on the floor.

All levels and abilities welcome.

No previous experience required!