

Feel Better Now

MELTMethod™ Classes

New! Soft Body Roller Classes

Hand and Foot Treatment Classes



MeltMethod™ Instructor: Catharine Eberhart

3-week MELT Hand and Foot series \$45

Mondays 2:30 - 3:30 pm

Feb 15, 22 and 29

5-week MELT Soft Body Roller series \$85

(wear yoga clothes)

Mondays 1:00 - 2:00 pm

Feb 15, 22, 29, Mar 7 and 14

Thursdays 6:30 - 7:30 pm

Jan 28, Feb 4, 11, 18 and 25

NO EXPERIENCE NECESSARY

register now to reserve your spot

space is limited to 12 participants

Raleigh Yoga Center

619 Oberlin Road

Raleigh, NC 27605

Email

janebarrett@nc.rr.com or call (919) 856-1390



Join MELT Instructor, **Catharine Eberhart**, for a 3-week series working with the **MELT Method Hand & Foot Treatments**. 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. 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.

And experience lasting changes in how your body looks and feels during the **5-week MELT Soft Body Roller series**. The MELTMethod™ soft body roller techniques will help you learn how to: identify where you have stuck stress in your body, a major cause of chronic aches and pains; improve your Body Sense and notice the changes as your body effortlessly finds greater alignment and balance; activate your own core strength and stability; safely and effectively decompress your own neck and low back and relieve common issues like headaches, insomnia, bloating, weight gain, cellulite and more. It is best to have taken the 3-week Hand and Foot series before the Soft Body Roller series.

The MELTMethod™ 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 or with Catharine at the Raleigh Yoga Center. She'd love to share the benefits of this powerful *hands off bodywork* with you!