

Advanced MELTing!

MELTMethod™ **Level 2 Classes**

Learn 22 new moves to decrease pain and FEEL better NOW!



5-week LEVEL 2 MELTMethod classes

with Catharine Eberhart, Certified Level 2
Advanced MeltMethod™ Instructor

Wednesdays 1:00 - 2:00 pm
Jan 4rd - Feb 1st, 2017

Thursdays 6:00 - 7:00 pm
Jan 5th - Feb 2nd, 2017

COST: \$85

**Prerequisite : previous MELT roller classes
with a certified MELT instructor**

register now to reserve your spot
space is limited to 14 participants

email janebarrett@nc.rr.com

or call 919-856-1390

Raleigh Yoga Center
619 Oberlin Road
Raleigh, NC 27605

Catharine Eberhart, Certified Level 2 MELT

instructor, will guide you through 22 advanced MELT moves. Learn to create the perfect MELT map for you. Identify where stuck stress is living in your body so you don't have to focus on the pain but the culprit of that pain. What we call STUCK STRESS!

These advanced moves are perfect for those working with sciatica, SI joint disfunction, low back pain, plantar fasciitis, shoulder and or neck pain! Or for those who want to stay mobile, healthy and pain free for a lifetime.

You will immediately feel the positive results of connecting with your body sense; improving your autopilot's efficiency, the part of you that supports, protects and stabilizes you; releasing stuck stress in the body and hydrating your connective tissue!

Catharine has just returned from taking the MELTMethod Level 2 advanced training with MELTmethod creator, Sue Hitzmann, in Manhattan. She is excited to expand your ability to get out of and stay out of PAIN with the MELTMethod!

This course is designed for those who have taken MELT classes with Catharine or another certified MELT instructor. Register NOW as space is limited to 14. Bring your balls, your roller and we'll *stop the world and MELT with you!*

Catharine will provide rollers and balls if you forget to bring yours and offer some for sale. You can also purchase MELT products online at www.PurnaYogaEast.com and using the link on our homepage. Catharine is grateful if you do as this helps her receive credit toward more advanced trainings. She plans to study Neurostrength training with Sue in August 2017.