



More MELT!

*8-weeks of the MELTMethod™
MELT the winter blues away!*



8-weeks to MELT the winter blues away

wear yoga clothes

all levels welcome

Wednesdays 1:00 - 2:00 pm

January 10th - February 28th

NO EXPERIENCE NECESSARY

register now to reserve your spot

space is limited to 14 participants

Cost: \$136

Raleigh Yoga Center

619 Oberlin Road

Raleigh, NC 27605

Email

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

Join certified MELT Instructor, **Catharine Eberhart**, for 8 weeks as you MELT the winter blues away. Experience immediate changes in how your body looks and feels. Learn simple self-treatments you can do at home to remain active, healthy, and pain-free for life.

This all-levels class will use specialized soft body rollers and small MELT Hand and Foot Balls to simulate the results of manual bodywork therapy. Relieve aches and pains brought on by stuck stress caused by aging and active living. Reduce inflammation, ease chronic neck and low back strain, improve alignment, and learn how to keep your whole body working better.

Experience this breakthrough self-care technique, featured in *The MELT Method: A Breakthrough Self-Treatment System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes a Day!* (January 2013, HarperCollins)

Catharine Eberhart has trained directly with Sue Hitzmann, creator of the MELTMethod, in NYC. Catharine is a NC licensed massage and bodywork therapist #2034. She loves sharing the MeltMethod with her students and looks forward to working with YOU!