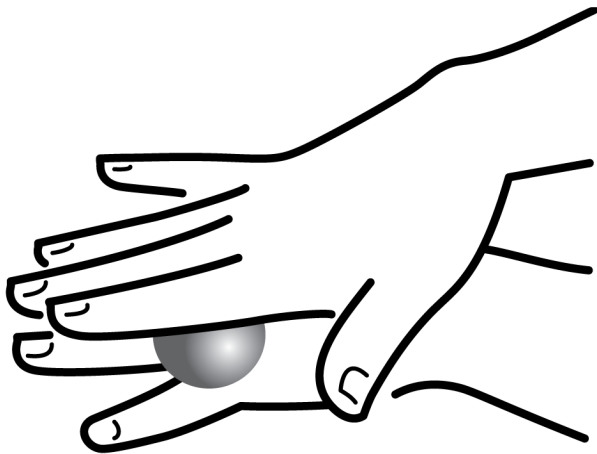


Feel Better Now

FREE ... MELT Hand & Foot Treatment Class



Date: Friday February 3, 2012

Time: 11:30 am - 12:30 pm

Purple Om Yoga

3118 Route 10 West, Denville

Reserve your space now:

www.PurpleOmYoga.com

973-343-2848

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 help deepen your yoga practice, make your whole body feel better and provide relief from neck and low back pain, arthritis, plantar fasciitis, and carpal tunnel syndrome.

Join MELT Instructor **HILARY BILKIS** for an introduction to the **MELT Hand & Foot Treatment**. Learn how the connective tissue in your hands and feet can get 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 www.meltmethod.com

Treat yourself to a relaxing, healthful, and educational experience. Sign up today!

