

# Treat Yourself!

## 5 Week Series MELT Method Classes



### 5 Week Sunday Evening Series

February 26 - March 25 from 7:30 - 8:30

Purple Om Yoga

3118 Route 10 West Denville NJ

Cost: \$100

**RESERVE Your Space NOW!**

[www.PurpleOmYoga.com](http://www.PurpleOmYoga.com)

or call - 973-343-2848

For questions: Hilary 973-479-2229

More information: [www.meltmethod.com](http://www.meltmethod.com)

Bring Water.

Foam Rollers and ball kits available for sale after class. \$40 each. Cash or check.

Learn **simple self-care techniques** you can use every day to make your body feel better and function more efficiently. Relieve aches and pains brought on 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.

MELT uses **soft foam rollers and small MELT Hand and Foot Balls** to rehydrate the connective tissue throughout your body and make your muscles and joints happy!

Over the course of 5 weeks, we will go in-depth into the MELT techniques so you will learn how to effectively and efficiently treat your entire body.

