

EXPERIENCE MELT



DISCOVER THE SECRETS TO **PAIN-FREE LIVING** – AT ANY AGE!

Come to a MELT class and experience 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 a MELT Soft Roller, balls, & bands to simulate the results of manual therapy. Learn to eliminate stuck stress before it accumulates causing chronic aches, pains, and unwanted signs of aging. Reduce inflammation, ease chronic strain, improve alignment, enhance athletic performance, and keep your whole body feeling great at any age.

Don't miss your chance to experience this unique self-care technique, featured in the bestselling book *The MELT Method*. For more information about MELT, go to meltmethod.com

MELT ages 13 and up. All levels welcome!

Sundays July 11th-August 19th

6:00 – 7:00 p.m.

Dance Dynamix
521 East Main Street
Lititz, PA 17543

Fee: \$150 for 5 week session. We will provide equipment which can be purchased for an additional cost.

For questions: DanceDynamixDDX@gmail.com or call 717-940-4742

To reserve your space:

PayPal DanceDynamixDDX@gmail.com

Venmo @DanceDynamixDDX

Check or Cash

