

Occupy Your Body!

Reconnect, Rebalance and get out of pain!!



MELT Self-Treatment Intro Class



Saturday

**March 10, 2012
1:00 PM to 3:00 PM**

\$30.00



**(772) 219-9900
569 S.E. Central Parkway
Stuart, FL 34994**

www.geoYoga.com

Space is limited to 20 participants!!!!

Call Early to Reserve Your Space

Bring a yoga mat or/ towel.

Water too....

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 & low back strain, improve alignment, and learn how to keep your whole body working better.

Join MELT Instructor Amba Greene, for a 2 hour workshop created just for you. We'll use soft foam rollers and small MELT Hand and Foot Balls to release stress that is stuck in your body, rehydrate your connective tissue and make your muscles and joints happy! Everyone feels immediate results!

The M.E.L.T. Method® is an innovative science-based self-treatment program that's being taught in some of the country's most prestigious health and fitness centers.

Amba Greene is a MELT Method Instructor, as well as a Certified Ayurvedic Practitioner, Licensed Massage Therapist, Registered Yoga Teacher and lifelong natural foods educator and cook. For more about Amba, go to www.benourished.net

For more information about MELT, go to meltmethod.com

