

# Learn to MELT AWAY PAIN in a Few Minutes a Day!



## MELT 101 - Intro to Soft Ball Hand & Foot Treatments & the Rebalance Sequence (choose 1)

First Saturday of each month: 1/7; 2/4; 3/4

10-11:30a

**\$15 - 90 min class**

R.S.V.P. Required (10 spaces avail)

If you're new to MELT, this is a great place to start! Hand and Foot Treatments are the foundation of MELTing. Learn these simple 10 minute treatments to rehydrate your connective tissue, and help your body get out of pain and stay out of pain.

MELT 3 times a week and experience changes in Your body! MELT is gentle enough to do every day.

Melt with Monika

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Natural Mystic Yoga Studio

1616 Bay Street

Port Orchard



## MELT SATURDAYS

1/21; 2/18; 3/18

10-11:00a

**\$10 - 60 min class**

R.S.V.P. Required (10 spaces avail)

This is an open class designed for more in-depth exploration of the techniques in The MELT Method book and DVD's. We'll do a quick assessment and design a MELT Map to meet the needs of the group for the day. This is a great place to ask about specific moves, or vote for the sequence you'd like to do.

Refine your MELT practice, enhance your body sense, and tune up your Auto Pilot.

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**RSVP to confirm your spot or register online: [www.harborviewwellness.com/melt.html](http://www.harborviewwellness.com/melt.html)**

**MELT with Monika 360-536-8092** (call or text)

Please call if this is your first class with me.

**Start Your Positive Ripple Effect!**

# MELT AWAY Pain in a Few Minutes a Day!

The MELT Method is simple self-treatment techniques that reduce chronic pain, and helps you stay healthy, youthful, and active for a lifetime. Even if you are injured, living with chronic pain and conditions, post-surgery, overweight, pregnant, or have joint replacements you can still MELT. It's the best starting point for any wellness program.



MELT heightens your body's ability to heal and repair itself. MELT enhances the effectiveness of the nervous system, and improves balance, posture, sleep, digestion, and overall well-being.

MELT is so gentle you can do it every day. Yet all it takes is 10 minutes three times a week to experience lasting benefits.

- Simple self-treatments to help your whole body feel better.
- Erase tension from your feet, hands, neck and low back.
- Learn how the connective tissue gets dehydrated and the common aches and pains it can cause.
- Learn to rehydrate this essential system in your body for vibrant health and pain-free living.

Schedule: <http://instructor.meltmethod.com/profile/monika-adams>  
Purchase support materials: "SHOP MELT STORE" Button on lower right



## MELT with Monika!

I have a Masters in Adult Education, and have been a Manual Therapist since 2008. I am a Licensed Massage Therapist (WA: MA 60058291), and Certified Massage Therapist (CA: 113519). I have taught Adult Education classes since 1999.



Monika Adams, M.Ed., LMT, CMT

As a Manual Therapist, I advocate self-care and home practice, so I became a MELT Method Instructor in 2015.

I believe that MELT is the missing link. Learn to rehydrate your body and you'll feel the difference!

**ABOUT CLASSES:** Wear comfortable exercise attire. We sit on the mat on the floor; you may use a chair if you need one. We are bare-foot (bring yummy socks) and we work up the forearm.

MELT can be modified for your needs. All abilities are welcome. Let me know if you have chronic conditions or need special accommodations. If you are unable to get on and off the floor, a Private Lesson might be more appropriate for you.

Soft Balls and Soft Body Rollers are provided at classes. MELT kits, Soft Body Rollers, The MELT Method Book, and Hand and Foot Treatment DVDs and The MELT Method DVDs are available for purchase.

