

Learn to MELT AWAY PAIN in 10 Minutes a Day!



MELT 101 - Intro to Soft Ball Hand & Foot Treatments & the Rebalance Sequence

Saturday 9:30-11a

1/19

\$35 - 90 min class

**Includes Starter Kit: 1 Lg Soft Ball/Bag
or \$20 credit toward the Full Kit.**

R.S.V.P. Required (Space Limited to 4)

If you're new to MELT, this is a great place to start! Hand and Foot Treatments are the foundation of The MELT Method. Learn simple treatments to help your body get out of pain and stay out of pain.

MELT 3 times a week and experience changes in Your body!

MELT with Monika



Heartworks Studio (in my home)
817 Harrison Ave, Port Orchard



MELT Soft Roller Class

Saturday 11:45a-12:45p

1/19

\$15 - 60 min class

R.S.V.P. Required (Space Limited to 4)

This is an open class for anyone who has ever taken a MELT Intro class. Join us for a 90 minutes of MELTing! We'll do assessments, hand and foot treatments, and upper and lower body sequences. This is a great place to ask questions and enhance your form.

Refine your MELT practice, enhance your body sense, and tune up your Auto Pilot—your internal GPS system.

MELT with Monika



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RSVP to confirm your spot.

Visit our website: www.harborviewwellness.com

MELT with Monika 360-362-0366 (call or text)

Please call if this is your first class with me.

Start Your Positive Ripple Effect!

MELT with Monika

I am a Wellness Coach, hold a Masters in Adult Education, and have been a Manual Therapist since 2008, (WA#: MA 60058291). I have taught Adult Education classes since 1999.



Monika Adams, M.Ed., LMT,

As a Coach and Manual Therapist, I advocate self-care, and like connecting people to resources. I became a MELT Method Instructor in 2015; I believe that MELT is the missing link. Learn to rehydrate your body from the inside out, and you will feel the difference in Your Body!

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.

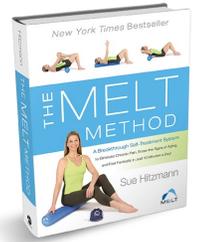
MELT can be modified for your needs. All abilities are welcome. Let me know if you have chronic conditions or need special accommodations. If you are unable to get on and off the floor, a private lesson might be more appropriate for you.

MELT 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 at our office and at class.



MELT AWAY Pain in a Few Minutes a Day!

The MELT Method is simple self-treatment techniques that reduce chronic pain, to help 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 an excellent 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 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

