

MELT Method Class- Put a Spring in your step! Self-Care for Your Fascia

Learn how to Reconnect, Rebalance, Rehydrate & Release stuck stress and imbalances in your body that can cause chronic aches and pain.

Learn how to:

Use small balls and a soft roller to gently and effectively "massage and rehydrate tissues" to increase mobility and ease of motion.

"Increase body senses" so you can see and feel the changes...greater alignment, stability and balance.



**Learn
Self-Myofascial
Release
Techniques**

When: Tuesdays: 4:00- 5:00pm beginning in March 2020

Instructor: Jean Kark, MELT Method Instructor & Myoskeletal Alignment Therapist

Where: Pilates in Motion.

Register: Call Maureen Dressman Pilates in Motion Owner 717-314-1597

Fee:

Beginner student: 7 weeks session, March 24th through May 5th:
\$158 (includes hand & foot kit); Pilates In Motion student: \$144

Experienced student: (for people who have taken some classes before)
5 week session, April 7th - May 5th: \$95; Pilates In Motion student: \$85