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.

Once you've taken the basic beginners course, this all-levels class will use a MELT Soft Roller and small balls 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 neck and low back 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 or debbie-williams.co.uk

TASTER SESSION:

Thursday 12th August Brailes VH 6.45pm
Friday 20th August Cherington VH 1.15pm
Tuesday 24th August Ettington VH 1.30pm
Each session is 90 min. £20

BEGINNERS 5 Week Courses £50 starting:
Tuesday September 7th at 7.30pm to 8.30pm
Brailes Village Hall
Brailes
OX15 5AS
OR
Friday 3rd September 1.15pm to 2.15pm
Cherington Village Hall
Stourton
CV36 5HG
To enquire or book a place call:
Debbie Williams 07966746794

MELT

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