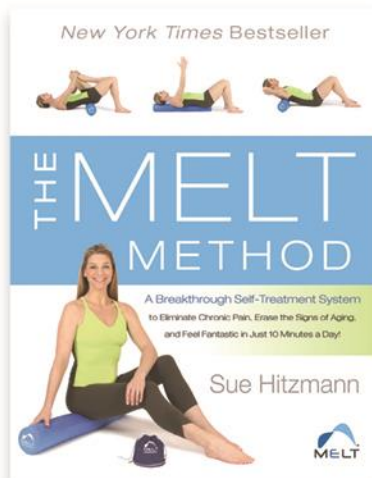


MELT by the Book

A Six-Session Self-Care Series

In six weeks, you'll learn all of the moves in the bestselling book *The MELT Method*. Discover simple self-treatments you can do at home to remain active, healthy, and pain-free for life.



Come experience lasting changes in how your body looks and feels. Experience all of the techniques in the *New York Times* bestselling book *The MELT Method* in an interactive and personalized environment.

Learn how to:

- identify where you have stuck stress in your body, a major cause of chronic aches and pains
- use the MELT Hand and Foot Treatment, a unique indirect treatment for your whole body
- improve your Body Sense and notice the changes as your body effortlessly finds greater alignment and balance
- activate your own core strength and stability
- use the MELT Soft Body Roller to rehydrate the tissues of your body for greater mobility and ease of motion
- safely and effectively decompress your own neck and low back
- relieve common issues like headaches, insomnia, bloating, weight gain, cellulite and more!

FREE CLASS ON WEDNESDAY, 9/20 AT 7:30AM

SEPTEMBER 27 TO NOVEMBER 15.

WEDNESDAYS FROM 7:30AM TO 8:30AM

DILLON GYM - MPR

REGISTRATION REQUIRED: campusrec.princeton.edu

*(Registration is not required for free class. Free class is open to PU students and Dillon Gym Members. No class on 10/4 AND 11/01)

