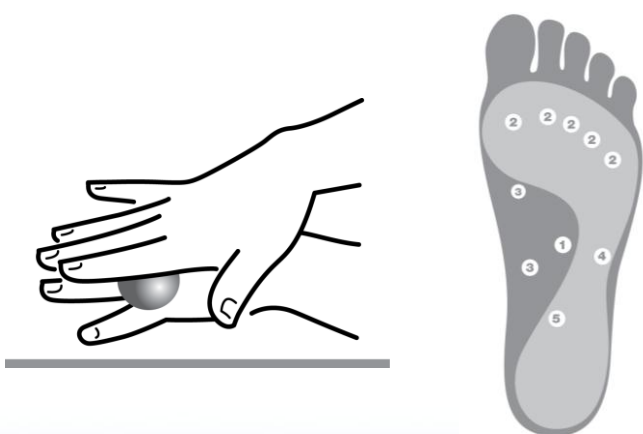




The MELT Method®

NEW!!

Improve Your Flexibility for Workouts and Running



The MELT Method® is a revolutionary new approach to improving flexibility for sports performance, diminishing body pain from chronic conditions and promoting healing of past or present injuries through the use of small specialized balls and foam rollers.

Join a *GentleworkUSA* Fitness certified instructor for a 90-minute MELT Method Intro Class in which you will learn correct foam roller techniques to increase flexibility and undo stuck stress. Keep your whole body working efficiently by rehydrating your body's connective tissue system and rebalancing your nervous system. Learn in class so that that you can also do these techniques at home before and after workouts or runs.

All equipment is provided for class. Wear comfortable clothing, thin socks or bare feet and bring a bottle of water and yoga mat. MELT METHOD practice kits and foam rollers are available for purchase at sessions.

Registration is required as class sizes are limited.

Date: Wednesday, March 21, 2012 from 7:30PM-9PM

Cost: \$20

Location: River Vale Community Center,
628 River Vale Road, River Vale

To register: call 201-264-6248 or email GentleworkUSA@aol.com.

www.GentleworkUSA.com or www.NJMELT.com

The MELT Method® is created by Sue Hitzmann, MS, CST, NMT, is a nationally recognized somatic-movement educator and neurofascial specialist. Her decades of practice, research, and study of anatomical science and alternative therapies have culminated in the creation of the M.E.L.T. Method®* a revolutionary approach to pain-free fitness and longevity. (*Myofascial Energetic Lengthening System)