

Have a "YOGA SANDWICH" for lunch

10 min of MELT

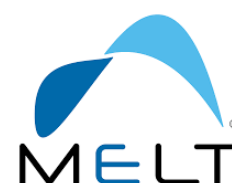
20 min of Yoga

10 min of MELT

Thursdays in April

12:10-12:50pm

Instructor: Janene



MELT

Self-care for people that care about their body

SKILL LEVEL: Open to all levels

What is MELT? The MELT Method® is a breakthrough self-treatment system that restores the supportiveness of the body's connective tissue to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living



YOGA

To Feel Your Best

SKILL LEVEL: Open to all levels

Yoga is a mind and body practice of physical exercise, breath control, relaxation, positive thinking and meditation aimed at developing harmony in the body, mind, and environment. ... Most people are familiar with the physical poses or yoga positions but don't know that yoga involves so much more. Improves Strength, balance and flexibility. Benefits heart health, helps you relax and sleep better. Helps you manage stress, have more energy and a brighter mood.

