

MELT POP-UP!!

"Restorative"

Self-care for people that care about their body



Tuesday Aug 25 (10:15-11:15am)

LOCATION: Meditative Studio

SKILL LEVEL: Open to all levels

MELT is a gentle, self-treatment technique designed to relieve chronic pain, reduce stiffness, and rebalance the nervous system. By using the soft foam rollers and small therapy balls, it rehydrates the body's connective tissues (fascial) to eliminate accumulated "stuck stress" from daily living.

All supplies are provided to use during class and are available after class.

Learn easy self-treatments to help you live pain free!

ATTIRE: wear comfortable clothing (no hoodies) & bring water to drink.

OPTION TO ORDER MELT EQUIPMENT!

COST

Member Cost: \$10

Non-Member Cost: \$10

Don't forget to bring water!

Registration starts: Wed May 27, 2026

(Sign up at Member Services Desk)

Limited to 16 people

Instructor: Heidi Morrissey

Assistant Instructor:

Terrill Meier

Questions?

Contact Terrill at 225-4910

or email tmeier@aberdeenyumca.org

