

MELT WITH HEIDI

The Missing Link

TWO PART INTRO TO MELT WORKSHOP

Ever notice how some days your body just moves easier than others? There's a real reason for that — and once you understand it, you'll have a lot more say in how you feel.

Join Heidi for a two-part introduction to MELT — a simple, science-informed self-care method you can do at home in minutes. No experience needed. This class welcomes first-timers and anyone who hasn't MELT'ed in a while.

What You'll Learn

- Hand and foot treatments
- How to use the MELT roller
- A first look at the Fascia Hydrator
- How to build your own simple self-care map to use at home



This isn't a sweaty workout — it's a quiet, body-focused class open to most bodies and most ages. Just wear comfortable clothes, bring water, and be able to get down to the floor.

All tools are provided to use in class, and available to purchase if you'd like your own.

Cost: \$45 for both sessions (3 hours total)

- Wed, Oct 7 - 6:15–7:45 PM
- Wed, Oct 14 - 6:15–7:45 PM

Where: YMCA - Meditative Studio (upstairs Yoga Room, by the elevator)

Registration starts: Mon. Sept. 21, 2026 (Limit of 16 people)

Register at the YMCA or aberdeen.reliquecore.com

(Non-members do not need a membership to register on Relique Core... just set up an account to register)