

Pilates EQ presents an afternoon of  
**Release Workshops**

Feb 6, 2016

**The MELT Method**  
**A Hand & Foot Treatment**

with *Kim Novotny*

**1-2:30pm**

**Cost \$35**



Developed by Sue Hitzmann and as featured on Dr. Oz

**Yamuna Body Rolling**  
**Relieve Stress from Head to Toe**

With *Kim Novotny*

**2:45-3:45pm**

**Cost \$25**



Save \$5 and attend both workshops for **\$55**

**Product available for purchase**

Location: Pilates EQ @ #202, 8135-102 St., Edmonton

Reserve your space now by booking online @ [www.pilateseq.ca](http://www.pilateseq.ca)  
or by calling 780-461-9594

Treat yourself to a relaxing, healthful and educational **afternoon** at  
**Pilates EQ**. Sign up today!



Erase pain and tension in your hands, feet, neck and low back brought on by everyday stress, overuse and age. This simple self-treatment can make your whole body feel better and provide relief from back pain, arthritis, bunions, plantar fasciitis and carpal tunnel syndrome.

Join MELT Instructor **Kim Novotny** for an introduction to the **MELT Hand & Foot Treatment**. Learn how the connective tissue in your hands and feet gets dehydrated, the common aches and pains it can cause, and how to rehydrate this essential system in our bodies for vibrant health and pain-free movement.

The MELT Method® is an innovative self-treatment program. Learn more about it at [www.meltmethod.com](http://www.meltmethod.com)



Would you like to?

- increase **flexibility**
- improve **posture** and body alignment
- improve **core strength** and muscle tone
- improve health and healing
- reduce **stress and muscle tension**
- reduce the risk of injury

If so then this self empowering workshop is for you. Yamuna Body Rolling™ is a revolutionary approach to health and fitness using balls designed exclusively for this practice. It consists of a series of routines using 6 to 10-inch balls.

Unlike other ball exercises, YBR goes far beyond random movement and stretch. It allows you to work specific muscles in detail, to create suppleness in tight areas and optimize range of motion. Yamuna Body Rolling™ reeducates muscles and stimulates bone, creating positive, permanent changes in the body.