



THE MELT EXPERIENCE

Learn to Restore Your Nervous System

You love Pilates, Yoga, any sort of fitness, but your body is complaining. Odd aches, pains, feeling tired, headaches, digestive issues, not sleeping well and difficulty in losing weight.

The repetitive nature of what you do is causing issues in your connective tissue.

Great news: you can change this. Reboot your nervous system using the unique MELT Method, a simple self-care treatment to help restore and rejuvenate your body.

Sunday 6th October
10:00am - 4:00pm

At the Hilton Hotel
Manchester Airport

Only £75
including all
refreshments,
lunch & Soft
MELT ball

I have come to believe that caring for myself
is not self-indulgent.

Caring for myself is an act of survival.

Audre Lorde



Pilates
4any1

Places are limited. If you wish to book
please email me: sandra@pilates4any1.com