

Feel Better Now

MELT Method Classes at Be Well Austin

Come to a MELT Method Fundamentals Workshop or Series and experience changes in how your body looks and feels. Learn simple self-treatments you can do at home to remain active, healthy, and pain-free for life!



MELT classes use a specialized soft roller and small MELT hand and foot therapy balls to stimulate the results of manual therapy.

- Learn to eliminate stuck stress before it accumulates, addressing chronic aches, pains, and unwanted signs of aging.
- Reduce inflammation, ease chronic neck and low back strain
- Improve alignment
- Enhance athletic performance
- Keep your whole body feeling great at any age.

You do not need MELT supplies to attend class, but feel free to bring your own if you have them.

To register contact:
merijayd@austincst.com
512-517-4770
www.austincst.com

Join MELT Method Instructor
MeriJayd O'Connor, CST-D, LMT, MTI

Spring Schedule

Pelvic Floor Restore

Learn a self-care routine to help balance tension, bring circulation to the pelvic floor, and enhance or support your pelvic floor exercises or treatments.

Dates: Mar 3 and Mar 10

Time: 5:30-6:30 pm

Fee: \$25 per session

Be Well at 1908 W. Koenig Ln.

MELT Fundamentals Workshop

In this 90-minute session, you will learn the basics of the MELT Method so you can easily do self-care at home or easily jump into a MELT live or virtual class.

Date: April 5th

Time: 4-5:30 pm

Fee: \$35 per session

Yoga House at Be Well 1906 W. Koenig Ln.

3 Part Series: Nervous System Resilience

Learn how to use MELT for meeting life stresses. Restore and Renew with this 3-part series.

Date: Apr 14, 21, 28

Time: 5:30-6:30 pm

Fee: \$25 per session or \$70 for all 3 sessions

Be Well at 1908 W. Koenig Ln.