

MELTing Nia Feet with Robin Bach

Registration Form

Please mail this form with your payment to

Robin Bach
4947 McPherson
St Louis, MO 63108

Saturday, February 18
at Edwardsville Fitness Studio

The MELT Method is changing the way people care for their bodies. This proactive approach to maintaining a healthy, pain-free, active lifestyle is the best solution for living longer...better. MELTing helps relieve the effects of stress, rehydrate the body's connective tissue and has a cumulative effect of reducing or removing chronic pain. This workshops will help if you suffer from:

- overuse injuries,
- sluggish metabolism
- muscle and joint pain,
- lower back or neck pain,
- digestive disorders
- fibromyalgia or chronic pain disease

This workshop will go into the new science of the nervous system and give participants personal experience in the MELT Hand and Foot Technique, allowing them to bring this hand-off body work practices into their daily lives, with very little expense, just a bit of time, and a lot of benefit. We will see how practicing Nia after experiencing the MELT Method will bring the sensations and benefits of grounding and stability, creating a safer environment for movement.

Name: _____ date _____

Location: Edwardville Fitness Studio

Your Address _____

City _____ State _____ zip _____

Home phone _____ cell phone _____

E-mail _____

Cancellation Policy: No refunds unless Presenter cancels workshop

Mail this form with check # _____ payable to:

Robin Bach - 4947 McPherson, St Louis, MO 63108