

# UPCOMING MELT SCHEDULE

at Pranashanti Yoga



26  
OCTOBER

NECK & JAW RELEASE | *Saturday, 2-3pm*

30  
NOVEMBER

KNEES, LEGS & HIPS | *Saturday, 2-3pm*

25  
JANUARY

FULL BODY HYDRATE | *Saturday, 2-3pm*

22  
FEBRUARY

LOW BACK PAIN BUSTER | *Saturday, 2-3pm*

22  
MARCH

MELT METHOD 101 | *Saturday, 2-3pm*

26  
APRIL

UPPER BACK & SHOULDERS | *Saturday, 2-3pm*