

UPCOMING MELT SCHEDULE

at Pranashanti Yoga



24
MAY

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

21
JUNE

KNEES, IT BAND & CALVES | *Saturday, 2-3pm*

20
SEPTEMBER

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

25
OCTOBER

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

22
NOVEMBER

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

13
DECEMBER

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