



Congratulations! You are one step closer to learning the simple but powerful MELT Method self-treatment technique that anyone can do.

## Before your first class

We need to have a little information about you so that you can log in to our online schedule and reserve your class spot.

Please email the following information and email it to [eileen@getstrongdenver.com](mailto:eileen@getstrongdenver.com)

- Your name
- Your email address
- Your phone number
- If you purchased a special offer, please include your voucher number

## Scheduling

Once we have your personal information we will set up an account for you in our scheduling system. We will respond to you via email once we set up your account and then you can log in to schedule. You can access our schedule by clicking on the link in the lower right hand corner of our website ([getstrongdenver.com](http://getstrongdenver.com)) titled "Online Appointment Schedule".

The first time you visit the schedule, you will be prompted to set up a password. Once logged in, you will see all of our appointments, but you will be looking for the classes named "MELT Intro Class" or "4 week MELT Training" depending on what you are planning to attend. Please also check the location of the class, as we teach MELT at more than one site.

Once you find the class you want, simply click on it to sign up and that's it. You will receive an email reminder the day before the class.

## Class Preparation

Please dress in comfortable clothing that doesn't restrict your movement. Please bring a yoga mat and water bottle, but do not bring any liquids other than water, as it can ruin the carpet or flooring if it spills.

Hand and Foot Self Treatment Kits will be for sale at the class for \$45. Melt Rollers will also be available for \$49, or you can purchase both for \$90. This is less expensive than purchasing them online.

If you purchase a Hand and Foot Self Treatment Kit, it does come with a hand and foot chart as well as an instructional DVD so you won't have to worry about memorizing everything. The Self Treatment Kit is a great tool if you want to continue using the MELT Method on your own.

If you have any other questions before your class, please feel free to contact me at the email address above. I look forward to working with you and I am sure you will love learning the MELT Method!

-Eileen Cestra