



MELT® Your Heart! MELT Method Workshop For Heart Health!

Friday, February 22

7:30PM-9:00PM

\$30 per person (\$35 at door)

HEALTHY ACTIVE YOUTHFUL



MELT 4-Pack Workshop Special: \$99
Pre-pay for any 4 MELT Workshops in 2019 & Save!

For Stress, Headaches, Shoulder, Neck Pain, Improved Circulation & Overall Heart Health!

Certified MELT® Instructor, Stephanie Howard, presents a MELT Hand, Foot & Body Treatment featuring a direct and indirect approach with the foam roller to help rehydrate and restore. MELT offers natural pain relief, to address the true cause of chronic pain, not just mask symptoms.

In this Heart Health session, learn how important the Vagus Nerve is and how to improve your vagal tone. Some of us have stronger vagus activity, which means our bodies can relax faster after stress. The stronger your vagus response or vagal tone is, the stronger your body is at regulating blood glucose levels, reducing the likelihood of diabetes, stroke and cardiovascular disease.

This interactive, yet gentle workshop, will focus on Hand & Foot treatment, Jaw Release through the 50-Second Face Lift, Rebalance Sequence, and Neck Release on the roller. No prior MELT or Yoga experience needed. Bring your Yoga mat (or use one of ours) and your water bottle. We'll provide use of MELT balls and rollers (or bring your own) which are also available for purchase after class.

MELT Stands For: Myofascial Energetic Length Technique

The MELT Method® is a simple self-treatment that accesses and restores hydration in the body and reconnects with our internal autopilot/nervous system to reduce chronic pain – helping us stay healthy, youthful and active. The missing link to pain-free living is: *a balanced nervous system and healthy connective tissue*. These two components work together to provide your body support and optimal mind-body communication. MELT directly addresses these body systems in a way no other self-treatment can. You'll notice results in the first session.

Learn how connective tissue in your hands and feet gets dehydrated, common aches and pains it can cause, and how to rehydrate this essential system in your body. Learn simple self-treatments you can do at home to erase pain and tension in your hands, feet, neck and shoulders and headaches brought on by everyday stress, overuse, and age. Benefits of MELT include:

- Relief from neck and low back pain, arthritis, bunions, plantar fasciitis, carpal tunnel syndrome
- More energy and less fatigue throughout your day
- Reduced tension and stress
- Fall asleep more easily and sleep more soundly
- Improved posture, balance and flexibility



Pre-register: <https://www.updogyoga.com/workshops/workshops-rochester>



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