



MELT® Method Workshop: For Happy Hips, Psoas & Low Back!

Friday, June 2

7:30PM-9:00PM

\$30 per person (\$35 door)

Have Low Back, Knee, Or Foot Pain? The Source Of These Trouble Spots May Be Your Hips...

Advanced-Level Certified MELT® Instructor, Stephanie Howard, presents a MELT Foot & Body Treatment in an interactive, supportive, workshop environment. 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.

In this Happy Hips session, learn how unstable hips may be contributing to and/or causing low back, knee, or foot pain. Pain tells us where the victim is – to make lasting changes, we need to look for the criminal. MELTing your hips may be the secret to whole body stability.

This interactive, yet gentle workshop will focus on a direct and indirect approach with the MELT roller and a mini foot treatment with the MELT ball to help you release compression of your spine from your neck to low back, returning the body to a more ideal state. Learn MELT techniques to improve stability of your shoulder girdle, hip girdle, and core. Reduce inflammation, ease chronic neck and low back strain, improve alignment, and learn how to keep your whole body working and feeling better!

MELT Stands For: Myofascial Energetic Length Technique

The MELT Method® is a simple Hands-off Bodywork™ self-treatment using MELT Hand and Foot balls and specialized rollers 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 *immediately!*



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