



MELT® Method Workshop: For Anti-Aging

featuring the 50-second face lift

Friday, September 20

7:30PM-9:00PM

\$30 per person (\$35 door)

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

Certified MELT® Instructor, Stephanie Howard, presents a MELT Hand, Foot & Body Treatment in an interactive, supportive, workshop environment, featuring techniques from the New York Times best-selling book "The MELT Method"

Connective tissue dehydration is a natural process of daily living. It's happening to everyone... when you sit you're pulling connective tissue. Aches are a sign of dehydration, but they usually go away when you move so you never do anything about it — but it accumulates and causes problems.

One of the many benefits of the MELT method is that it helps reverse the signs of aging. When your cells don't have fluid they die. This creates low-grade inflammation and accelerates aging. Learn how short bouts of tension and compression encourage cells to react, and as they react, there's a fluid exchange, creating cellular repair.

This session will include hand and foot treatments, the 50-second face lift, targeted moves with the roller to improve circulation, reduce stiffness, create freedom of movement and space within. Learn how to stimulate the cells that produce collagen in your skin and restore your skin's natural hydration from the inside out. MELT techniques keep our connective tissue and nervous system in top condition and slow down the aging process. MELT rejuvenates tissue hydration and relieves the tension of day-to-day life that gets trapped in our bodies.

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 *immediately!*



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



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