



Got Knee Pain?

Learn how to ease chronic knee pains **yourself** and prevent more from coming with The MELT Method.

MELT® Workshop For Healthy Knees, Ankles & Feet

Friday, July 22

7:30-9:00PM

\$30 per person (\$35 door)

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

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.

We all know someone who has had knee surgery or a knee replacement, or who was forced to live a more sedentary lifestyle because of knee issues. Knee pain is the second most common type of chronic pain.

This workshop focuses on specialized techniques to treat knee, hip, and ankle pain, as well as low back pain and plantar fasciitis. Experience simple moves which are great for counteracting the dehydration of the back of the leg and other areas that can lead to knee pain as well as ways to protect your knees by working on the stability of your hips. Joint pain is a stability issue. Increasing the stability of your hip girdle will significantly reduce your risk of knee pain and injuries.

Learn how to reduce the wear and tear on your joints, as well as the risk of common injuries that could keep you sidelined. Find out how to be more efficient and get more out of your run, game, etc. MELT is a simple self-treatment technique that directly affects the part of your body commonly stressed during activities, your connective tissue.

Benefits include: Improved texture of the superficial fascia (reduced cellulite) as well as increased hip, knee and ankle stability and reduced pain. Whether you have knee issues, or are looking to avoid them, it's important to work on the hydration of the connective tissue in your body. Focus on helping your body heal and take charge of your health!

MELT Stands For: Myofascial Energetic Length Technique

The MELT Method® is a simple Hands-off Bodywork™ self-treatment using MELT 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>



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