

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

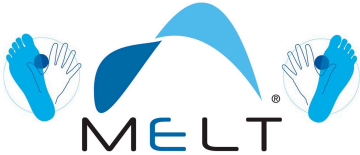
Friday, April 19

7:30PM-9:00PM

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

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

HEALTHY ACTIVE YOUTHFUL



Have Low Back, Knee, Or Foot Pain? The Source Of These Trouble Spots May Be Your Hips...
Certified MELT® Instructor, Stephanie Howard, presents a MELT Body & Mini Foot Treatment to help rehydrate and restore your hips, psoas, low back and feet. MELT offers natural pain relief, to address the true cause of chronic pain, not just mask symptoms.

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 foam roller and a mini foot treatment with the MELT ball to help you release the compression of your spine from your neck to low back, returning the body to a more ideal state. 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 gets dehydrated, common aches and pains it can cause, and how to rehydrate this essential system. Learn simple self-treatments you can do at home to erase pain and tension in your hands, feet, lower back and neck 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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