

MELT® Method Workshop: For Arthritis & Inflammation

Friday, October 9

7:30PM-9:00PM

\$30 per person (pre-registration required)

MELT 4-Pack Workshop Special: \$99

Pre-pay for any 4 MELT Workshops & Save!

Do you suffer from arthritis? Have morning joint stiffness, swelling, tingling, numbness, or ongoing joint pain?

Certified MELT® Instructor, Stephanie Howard, presents a MELT Hand, 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.

When you have arthritis, the simplest of tasks become more difficult. Your joints ache and you experience pain, limited mobility, and loss of strength. Chronic pain is exhausting and frustrating and it can keep you from doing the things you love, or getting a good night's sleep.

No matter what brought on your pain, you can learn how to help your body heal and rediscover pain-free living at any age. Learn how to return the body to a more ideal state and release the compression of your joints and spine, from your neck to your low back, with a simple MELT self-care routine. This session provides a hands, feet and body treatment targeting key joint and inflammation hot spots. Erase pain and tension in your hands, feet, lower back and neck brought on by everyday stress, overuse, and age.

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!*

HEALTHY ACTIVE YOUTHFUL



Space is limited and pre-registration required:

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



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