



MELT Your Core!

MELT® Workshop For Increased Stability, Fluidity & Performance

Friday, July 16

7:30-9:00PM

\$30 per person (\$35 door)

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

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.

Want to amp up your performance whether it be on the field, golf course or in daily life? Do you have strong, subtle cells? The connective tissue system (fascia) supports, protects and stabilizes the whole body. Imbalance in this system is a common cause of back pain, gut issues, lower-belly paunch, and more. Traditional core exercises don't address – and often inhibit or impair – this neurological core system. MELT addresses this neurofascial system in a way no other self-treatment can.

In this Core Stability & Fluidity session, the MELT roller will be used to rebalance the NeuroCore system, which provides whole-body balance, gut support, and spinal stability. Through a series of simple yet precise MELT foot and roller techniques you will improve your Body Sense and notice changes as your body effortlessly finds greater alignment and balance to prevent compression and compensation that damages joints and inhibits your body's ability to function optimally.

Learn how to activate your rooted and reflexive core and inherent stability by rehydrating connective tissue, making it more supportive and allowing release of long-held tension that can lead to chronic pain. Gain tools to help regain upper spine mobility, shoulder range of motion, and grip strength so that you can enjoy sports and daily living with less risk of injury and greater movement.

Benefits include: increased range of motion, neurological core strength and timing, joint stability and improved balance and posture as you reduce everyday aches and pains. Rehydrating your hips and legs improves texture of the superficial fascia on the backs of thighs (reduced cellulite) as well as increased hip, knee and ankle stability.

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>

