



MELT Method Workshop Holiday Hands, Feet & Roll!

MELT Away Holiday Stress Today & Everyday!

HEALTHY ACTIVE YOUTHFUL



Friday, December 14
7:30PM-9:00PM
\$30 per person (\$35 at door)

Certified MELT® Instructor, Stephanie Howard, presents a MELT Hands, Feet and Spine full treatment accompanied by Gentle Yoga to relieve neck, back and leg pain, headaches and insomnia. Improve your body's ability to restore balance and repair with remarkable, lasting changes. This workshop will focus on perfecting the MELT moves to help you go through the hectic holidays pain free!

No prior MELT or Yoga experience needed for this restorative, low-impact workshop. Bring your Yoga mat (or use one of ours) and your water bottle. We'll provide use of MELT balls and rollers of varying size and intensity for beginners to experienced, which are also available for purchase after class (feel free to bring your own foam roller, if you already have one, and Stephanie will show you how to use)

MELT stands for: Myofascial Energetic Length Technique

The MELT Method® is a simple self-treatment for natural pain relief. MELT addresses the true cause of chronic pain by accessing and restoring hydration in the body and reconnecting with our internal autopilot/nervous system to reduce chronic pain. You'll see and feel results in the first session!

Learn how the connective tissue in your hands, feet, legs and back gets dehydrated, the common aches and pains it can cause, and how to rehydrate this essential system in your body. Learn simple self-treatments you can do at home to erase pain and tension brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief by addressing the true cause of chronic pain, not just mask symptoms.

You will learn how to:

- Identify where you have stuck stress in your body, the major cause of chronic aches and pains
- Use the MELT treatment for your whole body to safely and effectively decompress your own neck and low back
- Improve your body sense to find greater alignment, balance and ease of motion for more energy and less fatigue throughout your day
- Reduce tension and stress and common issues such as headaches, insomnia, bloating, cellulite, carpal tunnel and plantar fasciitis



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



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