

# MELT® Method For Spinal Health!

## MELT® Workshop For All Areas Of Back & Spine

Friday, October 21

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 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.**

Chronic pain and tension in your spine, from your lower back and pelvis to your upper back, shoulders and neck is not only annoying but it can keep you from doing the things you love. Often we simply attribute this to tired muscles or stiff joints, however, these symptoms are often due to the fascia or connective tissue throughout the body which plays a major role in every move you make. Gently decompressing your spine eases pain in your whole body and makes movement more efficient. No matter what brought on your pain, you can help your body heal and rediscover pain-free living at any age.

Come experience positive changes you'll feel immediately, using MELT balls and soft body rollers with a special focus on learning how to release all areas of the spine from the neck to the low back. Learn techniques to combat pain and stiffness, relieve tension, increase mobility and restore the vitality of the connective tissue supporting the shoulder and pelvic girdle.

Benefits include: reduced inflammation, improved joint function, reduced chronic pain, improved whole body alignment and restored neurological efficiency.



### **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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