



# MELT® Your Core!

## MELT Method Workshop For Stability & Fluidity

**Saturday, January 4**

**1:00PM-2:30PM**

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

**MELT 4-Pack Workshop Special: \$99**  
Pre-pay for any 4 MELT Workshops in 2020 & Save!

**Melt Away Winter with MELT Techniques  
for Core Stability, Flexibility & Cellulite!**

*Certified MELT® Instructor, Stephanie Howard, presents a MELT Foot & Body Treatment featuring specialized work with the roller to not only free up tension in knees, legs, pelvis and spine but rehydrate deep layers of connective tissue. 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.*

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 easy, precise MELT foot and roller techniques you will improve your Body Sense and notice changes as your body effortlessly finds greater alignment and balance. Learn how to activate your own core strength and stability by rehydrating connective tissue, making it more supportive and allowing release of long-held tension that can lead to chronic pain. Learn simple, self-treatments you can do at home to erase pain and tension in your body brought on by everyday stress, overuse and age.

Benefits include increased range of motion, core strength, 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 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 so you notice results *immediately!*

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



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