



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

# MELT® Workshop: Self-Care Immersion

**Friday, May 20**  
**7:30PM-9:00PM**

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

**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.**

*Freedom from Pain = Independence.* Gain freedom and movement to do what you really love. Experience lasting changes in how your body looks and feels in this Self-Care Immersion session targeting multiple areas of the body to help you identify and focus on your trouble spots.

In this session, focusing on a **Whole Body Reset & Refresh**, you will learn how to:

- Identify where you have stuck stress in your body, a major cause of chronic aches and pains
- Improve your Body Sense and notice the changes as your body finds greater alignment and balance
- Use the MELT Hand and Foot Treatment, a unique indirect treatment for your whole body
- Use the MELT Soft Body Roller to rehydrate tissues for greater mobility and ease of motion
- Safely and effectively decompress your own neck and low back
- Activate your own core strength and stability
- Relieve common issues like headaches, insomnia, bloating, weight gain, cellulite and more

## **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!*

**Space is limited and pre-registration required:**

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



[www.updogyoga.com](http://www.updogyoga.com) 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

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