

# Hands & Feet Intro Workshop

Friday, May 11

7:30PM-9:00PM

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

# MELT<sup>®</sup>

*Certified MELT<sup>®</sup> Instructor, Stephanie Howard, presents a MELT Hand & Foot Treatment Intro Workshop, followed by gentle Restorative Yoga poses. Learn how to improve your body's ability to restore balance and repair itself to create remarkable, lasting changes. MELT offers natural pain relief, to address the true cause of chronic pain, not just mask the symptoms.*

## **MELT stands for: Myofascial Energetic Length Technique**

The MELT Method<sup>®</sup> is a simple self-treatment that reduces chronic pain and helps you stay healthy, youthful and active.

Research has revealed the missing link to pain-free living: *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 see and feel results in the first session.

Learn how the connective tissue in your hands and feet 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 in your hands and feet brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel.

## Benefits of MELT include:

- Relief from neck and low back pain, arthritis, bunions, plantar fasciitis, carpal tunnel syndrome
- More energy and less fatigue throughout your day
- Reduced tension and stress
- Fall asleep more easily and sleep more soundly
- Improved posture
- Reduced appearance of cellulite

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 the MELT balls which are also available for purchase after class.

Pre-register: [www.updogyoga.com/workshops](http://www.updogyoga.com/workshops)

