



# MELT® Method Workshop: For Mindful Yoga & Physical Activity

Friday, October 18

7:30PM-9:00PM

\$30 per person (\$35 door)

MELT 4-Pack Workshop Special: \$99  
Pre-pay for any 4 MELT Workshops in 2019 & Save!

**Certified MELT® Instructor, Stephanie Howard, presents a MELT Hand, Foot & Body Treatment in an interactive, supportive, workshop environment, featuring techniques from the New York Times best-selling book "The MELT Method"**

Take your Yoga practice or other fitness routines to the next level and learn how to avoid common injuries. While Yoga and other forms of physical exercise can improve flexibility and muscular strength, it can also cause compensation, compression and even pain if done incorrectly and repetitively. How do you go deeper in your practice and become more grounded and centered while reducing the risk of injury? MELT is a perfect complement and pro-active solution to Yoga and exercise, whether you are just beginning or have been practicing for years.

MELT is a simple, easy self-treatment technique that directly affects the part of your body commonly stressed during Yoga or physical exercise - your connective tissue. Better than modifying postures as we age, we can learn how to truly return our body to its ideal state.

This session will focus on how to rebalance your nervous system and rehydrate your connective tissue, which surrounds muscles and joints. Learn how treating this tissue can improve your alignment, strength and even your breath. The MELT hand and foot treatment is a perfect complement to Yoga, whether you are just beginning or have been practicing for years. The roller will be used to help stabilize pelvis and shoulders as well as create space and fluidity.

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.

## **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 in a way no other self-treatment can. You'll notice results *immediately!*



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



[www.updogyoga.com](http://www.updogyoga.com) 210 W. University Dr., Rochester, MI 48307 | 248.608.6668  
Named "2017 Best Yoga Studio In Metro-Detroit" by WDIV [ClickOnDetroit.com](http://ClickOnDetroit.com)