

MELT Method

Arthritis & Inflammation Workshop

Friday, March 22

7:30PM-9:00PM

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

MELT®

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

Do you suffer from arthritis? Have morning joint stiffness, swelling, tingling, numbness, or ongoing joint pain?

Certified MELT® Instructor, Stephanie Howard, presents a MELT Hand, Foot & Body Treatment. Learn how to improve your body's ability to restore balance and repair itself to create lasting changes. MELT offers natural pain relief, to address the true cause of chronic pain, not just mask symptoms.

When you have arthritis, the simplest of tasks become more difficult. Your joints ache and you experience pain, limited mobility, and loss of strength. Chronic pain is exhausting and frustrating and it can keep you from doing the things you love, or getting a good night's sleep. No matter what brought on your pain, you can learn how to help your body heal and rediscover pain-free living at any age. Learn how to return the body to a more ideal state and release the compression of your joints and spine, from your neck to your low back, with a simple MELT self-care routine.

This session provides a hands, feet and body treatment targeting key joint and inflammation hot spots. No prior MELT or Yoga experience needed. Bring a 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 in the first session.

Learn how connective tissue gets dehydrated, common aches and pains it can cause, and how to rehydrate this essential system. Learn simple self-treatments you can do at home to erase pain and tension in your hands, feet, lower back and neck brought on by everyday stress, overuse, and age. 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, balance and flexibility

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

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