

# MELT® Your Summer!

## MELT Method Workshop For Summer Sports Hot Spots



**Friday, June 21**

**7:30PM-9:00PM**

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



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

### **MELT Techniques for Shoulders, Knees & Spine To Benefit Runners, Cyclists, Golfers, Swimmers - and all Sports & Outdoor Enthusiasts**

*Certified MELT® Instructor, Stephanie Howard, presents a MELT Hand, Foot & Body Treatment with specialized moves on the roller to help take your game to the next level.*

Repetitive stress from sports or outdoor activities can be hard on your body. Learn how to reduce wear and tear on your joints, and risk of common injuries that could keep you sidelined. Find out how to be more efficient and get more out of your game, run, swim, etc. MELT is a simple self-treatment that directly affects the part of your body commonly stressed during activities, your *connective tissue*. Learn how to reduce damage to your body and risk of injury while speeding recovery time.

This special workshop will improve your efficiency by directly enhancing body awareness, rehydrating connective tissue, and quieting the nervous system. Rather than stretching and strengthening muscles, MELTING accesses the system of the body responsible for maintaining efficiency and stability – the neurofascial system. Stephanie will guide you through specialized techniques that rehydrate the connective tissue and rejuvenate joint space, including help with plantar fascia and “tennis” or “golf” elbow as well as common challenges with knees, spine and shoulders. MELTING is like getting all the benefits of a great massage, yet it lasts longer and takes only minutes a day to get lasting results!

#### **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!

Pre-register: <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)