



MELT® Method Workshop: For Better Sleep

Saturday, November 6

1:00PM-2:30PM

\$30 per person (\$35 door)

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

Advanced MELT® Instructor, Stephanie Howard, presents a MELT Hand, Foot, Face and 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.

Deep sleep is when cellular repair is dominant. If you don't get a sound night's sleep it's one of the primary reasons you accumulate stress and ultimately accelerate your aging process. Learn how to rest and restore with targeted MELT sequences to help in rebalancing and calming the nervous system.

Use this class to help naturally shift your body into rest and repair mode for daylight savings and the change of seasons, so you can not only get to sleep, but STAY asleep, and wake-up feeling rested and refreshed. This is a great time of year to reset, as we often experience seasonal changes in both our environment and our daily routines and sleep patterns.

In this Deep Sleep session, special attention will be given to restoring hydration and releasing the low back, hip, and neck areas that often cause pain and interfere with the rest and restore necessary for sleep and recovery. Learn how to return the body to a more ideal state and release the compression of your spine from your neck to your low back. This class features a variety of self-care treatments including a rebalance sequence, low back and neck release as well as mini hand and foot, and face treatments.

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!*

HEALTHY ACTIVE YOUTHFUL



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



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