

MELT® Method Workshop:

MELT To De-Stress & Digest

Reduce Tension And Pain, Increase Energy,
Improve Digestion And The Immune System



Friday, October 15

7:30PM-9:00PM

\$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 & Body Treatment in an interactive, supportive, workshop environment

No prior MELT or Yoga experience needed. Bring your Yoga mat and water bottle. We'll provide use of MELT balls and rollers (or bring your own) which are also available for purchase after class.

Stress and the rigors of daily life can be managed better without our conscious control, but you can actively partake in daily stress management. MELT moves target and rehydrate the connective tissue, freeing roadblocks, helping keep the regulators of the nervous system balanced. In this special stress and digest session:

- Identify where you have stuck stress in your body, a major cause of chronic aches and pains
- Experience how you can help boost your body's natural repair mechanism, which aids in gut balance and stress management
- Relieve and decompress common stress areas of the head, neck, shoulders, low back and more using face, hand and foot treatments and the roller to rehydrate the tissues of the entire body
- Benefits include: better sleep, increased energy, increased immunity, greater mobility and ease of motion, less stress and pain, relief from headaches, insomnia, bloating and weight gain.

MELT Stands For: Myofascial Energetic Length Technique

The MELT Method® is a simple Hands-off Bodywork™ self-treatment using MELT balls and specialized rollers 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!*



Space is limited and pre-registration required: <https://www.updoggyoga.com/workshops/rochester-workshops>



www.updoggyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668
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