

# Hands & Feet Workshop

Summer Full Treatment for Beginners to Experienced

# MELT<sup>®</sup>

Friday, July 13

7:30PM-9:00PM

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

*Certified MELT<sup>®</sup> Instructor, Stephanie Howard, presents a MELT Hand & Foot Full Treatment accompanied by Gentle Yoga, including attention to Summer sports hot spots, such as forearms, tennis elbow, plantar fasciitis and sports grip. Improve your body's ability to restore balance and repair with remarkable, lasting changes. MELT offers natural pain relief, to address the true cause of chronic pain, not just mask symptoms.*

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 of varying size and intensity for beginners to experienced, which are also available for purchase after class.

## **MELT stands for: Myofascial Energetic Length Technique**

The MELT Method<sup>®</sup> 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.

Research has revealed the missing link to pain-free living: *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 see and feel results in the first session.

Learn how the connective tissue in your hands and feet gets dehydrated, the common aches and pains it can cause, and how to rehydrate this essential system in your body. Learn simple self-treatments you can do at home to erase pain and tension in your hands and feet brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel.

Benefits of MELT include:

- Relief from neck and low back pain, tendonitis, tennis elbow, sports grip, 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
- Reduced appearance of cellulite

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

