

Winter Hand & Foot Workshop

Friday, January 18

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!

Feeling tired, sluggish or stiff from the weather or a cold? Suffer from arthritis? Feeling tension and stress in shoulders, neck or low back? Want to improve balance and stability?

Certified MELT® Instructor, Stephanie Howard, presents a MELT Hand & Foot Treatment Workshop, followed by Restorative Yoga poses. 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.

This session provides a complete Winter hand and foot treatment, bunion treatment, forearm treatment and a special "face lift". 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 both large and soft MELT balls 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 in your hands and feet gets dehydrated, 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, 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

HEALTHY  ACTIVE  YOUTHFUL



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

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