



MELT® Workshop For Neck, Shoulders & Spine

Friday, September 17

7:30-9:00PM

\$30 per person (\$35 door)

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



Certified MELT® Instructor, Stephanie Howard, presents a MELT 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.

Chronic pain and tension in your neck, shoulders and spine is not only annoying but it can keep you from doing the things you love – or even getting a good night's sleep. No matter what brought on your pain, you can help your body heal and rediscover pain-free living at any age. MELT is a simple self-treatment technique that boosts your body's ability to heal by calming your nervous system and rehydrating your connective tissue. Learn how to release the compression of your spine from your neck, shoulders to the low back.

Join Stephanie Howard, Advanced-level MELT Method Instructor, for this unique workshop recommended for people with tennis elbow, carpal tunnel, neck pain, poor posture, and for those who simply want to improve their golf swing, tennis serve, or ability to perform functional tasks with ease and less pain.

Using MELT® balls and soft body rollers, learn how to combine compression and 2-directional fascial lengthening techniques with therapeutic exercises used to reintegrate optimal neuromuscular pathways, erase compensatory movement patterns, and help you live a more active life with less stiffness, aches and pains. Special focus on relieving tension, increasing mobility and restoring the vitality of the connective tissue supporting the shoulder girdle and spine (hands, arms, ribs, upper and lower spine, shoulders, neck and head). Added benefits include reduced inflammation, eased chronic neck, shoulder and back pain, improved whole body alignment and reprogramming of healthy movement patterns.

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!*

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



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