



MELT® Method Workshop: For Better Sleep

Friday, August 23

7:30PM-9:00PM

\$30 per person (\$35 door)

**MELT 4-Pack Workshop Special: \$99
Pre-pay for any 4 MELT Workshops in 2019 & Save!**

Certified MELT® Instructor, Stephanie Howard, presents a MELT Hand, Foot & Body Treatment in an interactive, supportive, workshop environment, featuring techniques from the New York Times best-selling book "The MELT Method"

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, so you can not only get to sleep, but STAY asleep, and wake-up rested and refreshed. This is also a great time of year to reset, as Summer begins to draw to a close and we often experience seasonal changes in both our environment as well as our daily routines and sleep patterns.

In this Deep Sleep session, special attention will be given to releasing low back and neck areas that often cause pain and interfere with the rest and restore necessary for sleep. 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 the Soft Ball Foot Treatment, Rebalance Sequence, Lower Body Compression Sequence, and Neck Release Sequence. Very gentle, restorative Yoga poses will complete the session.

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.

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!



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



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