

# MELT® Method Workshop: Relieve Holiday Stress & Improve Digestion



**Friday, December 13**

**7:30PM-9:00PM**

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

**MELT 4-Pack Workshop Special: \$99  
Pre-pay for any 4 MELT Workshops in 2019-2020 & Save!**

**Certified MELT® Instructor, Stephanie Howard, presents a MELT Hand, Foot & Body Treatment in an interactive, supportive, workshop environment**

**Learn The MELT® Moves To Relieve Stress From The Holiday Hustle & Bustle. Treat Yourself To Feeling Great This Holiday Season!**

MELT moves target and rehydrate the connective tissue, freeing roadblocks, helping keep the regulators of the nervous system balanced. In this special holiday 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 the small ball for hand and foot treatments as well as the roller to rehydrate the tissues of the entire body. Benefits include relief from headaches, insomnia, bloating, weight gain, greater mobility and ease of motion
- Live life more fully and enter the holidays full of energy and with less stress and pain!

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 = 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 and nervous system to reduce chronic pain and stay healthy, youthful and active. The missing link to pain-free living is: *a balanced nervous system and healthy connective tissue*. A balanced nervous system and healthy connective tissue is the missing link to pain free living, and provides body support, stability and optimal mind-body communication. **You will notice results immediately!**



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



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