

3 Week Fascia Hydrator Workshop

Go Deeper With the Fascia Hydrator™



You felt it in the intro experience. Now build it into a real practice. This 3-week series teaches full-body lymphatic drainage, upper body rehydration, and lower body rehydration — plus how to pair the Fascia Hydrator• with MELT techniques you already know, or are about to.



MELT• is the neurofascial self-care practice that keeps your nervous system regulated, your connective tissue hydrated, and your body resilient. The Fascia Hydrator• brings that practice to life with gentle vibration — no force, no pain, just flow.



IN THIS SERIES, YOU'LL...



Learn the full basic lymphatic drainage sequence, including naval preparation



Master a complete upper body rehydrate treatment — glide, shear, and rinse



Master a complete lower body rehydrate treatment — glide, shear, and rinse



Discover how to pair the Fascia Hydrator™ with MELT techniques for a deeper daily practice



Tuesdays: August 4, 18 & 25
5:15–6:15 PM

(No class August 11 due to fair)



LOCATION:
Community Room
(Main Floor Lobby)



Don't forget to bring water. Wear light, comfortable clothing.



COST:
\$45 for all 3 sessions
Limited to 12 people
(must have already attended Hydrator Intro)

“ **Healing isn't force. It's flow.**
— The MELT Method•



Led by
Heidi Morrissey,
Trained MELT Method Instructor



RESERVE YOUR SPOT!

Spots are limited.

Your body will thank you.