



## Mary Slater

IRG Center for Structural Medicine - Ballard

"Through my own practice of The MELT Method, my approach to movement and recovery has been transformed. I am committed to educating my clients and students who seek to relieve pain, and improve muscular efficiency. "

Mary brings 30 years of experience in movement education to her clinic work. Her focus is on fascia. Springy, responsive fascia allows bones to float and decompress, and the nervous system to fire muscles much more efficiently. Teaching clients to self-treat the "neurofascial" net of the body directly with The MELT Method techniques, and indirectly with somatic practices, restores stability. A stable body is able to move dynamically, fluidly, and most importantly, without pain!

Mary uses several modalities. They include The MELT Method Length and Neurostrength curricula, principles of exercise science, and foundations of somatic traditions including Hanna Somatics, Pilates, Feldenkrais, and Yoga, which she has studied for many years. The movements range from simple and mindful, staying in the parasympathetic nervous system, to larger functional and sport patterns to rebuild clients' confidence.

Mary's particular interest is in serving clients who suffer with persistent pain.

## Education and Professional Memberships

- B.F.A. in Dance from York University in Toronto
- NSCA Certified Personal Trainer