

Secrets of Fascial Fitness

Events with Dr. Robert Schleip

Fascial Researcher and Clinician from Germany

Auckland, December 16, 17 & 18, 2011

at the New Zealand College of Massage

Fascinating Fascia

Exciting Implications for Movement and Manual Therapists

December 16, 7 – 9:30 pm Lecture

Recent medical research has stressed the importance in musculoskeletal medicine of the fascia -this body wide tensional network of connective tissues. Fascia can now be seen as our richest sensory organ, particularly in proprioception and our sense of embodiment. In cases of soft tissue pain - acute low back pain, frozen shoulder or Delayed Onset Muscle Soreness, micro tearing and inflammation of fascial tissues as well fascial nociception (pain perception) has been implicated.

Fascial Fitness

Applying Fascial Research in Movement & Manual Therapy

December 17: 9-30 to 5-30 Workshop

This cutting edge research has huge applications for rehabilitation, injury prevention, sports science, yoga, Pilates, dance, medicine, martial arts, and other movement disciplines. In sports education the emphasis has mostly been on the training of muscles, cardiovascular fitness and coordination. However, most training related injuries occur in muscular connective tissues which are loaded beyond their prepared capacity. This seminar will consist of 75% theory and 25% practice and address the following aspects:

- Slings and Springs: myofascial chains as elastic springs; factors in their kinetic storage capacity.
- Connective Tissue Stretching: which protocols affect intra or extra-muscular tissue elements.
- What is the optimal pre-tension and preparatory counter-movement?
- Muscular and Fascial loading variations and recovery times.
- How to train for a resilient, strong and elastic fascial body.

Fascia as a Sensory Organ

Applying Fascial Science in Clinical Practice

December 18: 9-30 - 5-30 Workshop

Optimal fitness, rehabilitation as well as movement and manual therapy are all areas where an understanding of fascia will give the trainer or therapist new insights in their practice. Schleip's recent discovery of active contractile properties in fascial tissues was awarded the prestigious Vladimir Janda Award for Musculoskeletal Medicine. In addition to cutting edge research from a bodyworker's perspective, half of the workshop will consist of specific hands-on instructions for different approaches and manual techniques aimed at stimulating fascial mechanoreceptors. This workshop will cover the four main types of fascial mechanoreceptors: Paccini, Golgi, Ruffini endings, and the enigmatic interstitial receptors. In this workshop you will learn how to apply the new fascial research in a clinical practice?



Dr. Robert Schleip directs the Fascia Research Project at Ulm University, Germany. He has an MA in psychology and a PhD in human biology. Robert is a Roling instructor, a Feldenkrais teacher and author. He was co-initiator of the first Fascia Research Congress in USA in 2007. He lives and practices in Munich, Germany and teaches internationally.

See articles on Fascial Fitness at:

www.somatics.de

www.fasciaresearch.de

www.fasciafitness.de

www.theradiantbody.com

Cost: Lecture \$60, workshops \$190 each (total lecture and two workshops \$440)

Early Bird Rate: Lecture and both workshops only \$350 (if paid in full by Nov 10)

Pay to Mana Integrative Therapies, BNZ, account 020456-0112430-02, ref. fascial fitness

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