



**On the Spot Training School**  
**Sally Morris & Craig Foden**

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## **Fabulous Fascia Series**

### **Pelvic Imbalances & Cranial Connections - 2-day Course**

<b>DATES</b>	See Website
<b>TIME</b>	9.30 am to 5.30 pm
<b>COST</b>	See Website for cost and payment details
<b>DURATION</b>	2-day course
<b>FACILITATORS</b>	Sally Morris & Craig Foden
<b>VENUE</b>	<b>May vary, please check information on website</b> On the Spot Training School, 12 Victor Gardens, Hawkwell, Essex. SS5 4DR

#### **Overview**

During this 2-day course you will have the opportunity to build on the learning achieved in our Fabulous Fascia course (a pre-requisite for this training). Our focus will be on pelvic alignment and cranial work, within a fascial/whole-body perspective.

#### **What is Fascia?**

**“Fascia is the foundation of all life and health.” - Jean Claude Guimberteau**

Fascia is the immediate environment of every cell in the body, it is the transport highway for everything to get into and out of your cells. It surrounds, infuses, and protects all other tissues and organs of the body. It allows us to move freely without restriction or pain. The two main components of fascia, elastin, and collagen, allow it to be very strong and yet, very flexible. Fascia is responsive to internal and external forces and has a protective function. Fascia becomes hardened, forms scars, and develops tension lines in response to trauma and poor postural habits.

#### **What is Myofascial Release**

Myofascial Release is a specialised, hands-on, physical therapy that uses techniques of gentle sustained pressure and shear to release restrictions within the fascial network. This safe, gentle but powerful therapy is highly effective in releasing tensions, easing the pain and discomfort caused by restrictions and helping to restore function.

MFR is performed directly on skin without oils or creams. This enables the therapist to detect fascial restrictions and apply the appropriate amount of sustained pressure to melt the ground substance and facilitate release of the fascia. The John F Barnes Myofascial Release approach emphasizes the importance of waiting at the barrier of a gentle stretch for 5 minutes or more for the fascia to respond, this requires patience and presence, good body dynamics and appropriate positioning.



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## Entry Requirements

Be over 18 years of age

1. Have an adequate level of written and spoken English
2. Have adequate physical and mental health (no contra-indications to giving or receiving treatments, if in doubt please discuss with us)
3. If physically challenged, have sufficient ability to perform the MFR techniques listed in the syllabus
4. Have previous qualification that includes examined study of Massage, Anatomy, Physiology & Pathology to level 3, for example, M.T.I. Diploma in Holistic Massage or I.T.E.C. Anatomy Physiology & Massage
5. Have successfully completed our 2-day Fabulous Fascia, Introduction to Myofascial Release course

## Course hours

**9:30 – 17:30 hours    Total learning hours: 15hrs**

## Aims of the Course

- Update fascial anatomy and current research
- Review and develop postural assessment from a myofascial perspective
- Assess pelvic balance/imbalance
- Develop indirect myofascial release techniques that restore pelvic balance
- Consider the effect of pelvic imbalance on the whole body and specifically the cranium
- Develop indirect myofascial release techniques for the dural tube and cranium

## Outcomes

- Refresh knowledge of fascial anatomy and current research
- Refresh local or total contraindications and health red flags. Overview of injuries, conditions, and scope of practice re. trauma informed practice to adapt approach and techniques
- Develop skillsets of pre and post treatment assessments, postural observations, body mapping, range of motion testing, palpation, and communication
- Develop efficient body use and self-care to expand range and quality of myofascial release techniques and aftercare
- Consider benefits and any potential limitations of evidenced based practice within indirect myofascial release and options for onward research and training
- Develop indirect myofascial skills relating to pelvis, dural tube and cranium

## Techniques and skills include

- Postural/positional observation & assessment
- Advanced techniques –
  - Review of sidelying QL release
  - Review of cross-hand releases for lumbar spine, psoas, quadriceps, and hamstrings
  - Use of blocks for anterior rotation of pelvis



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- Adductor Squeeze
- Lumbosacral decompression
- Sacral Float
- Dural Tube Release (Sidelying)
- Cervical Flexion / Dural Tube Release
- Review of Atlanto-Occipital Release
- Jaw Compression / Decompression
- Sphenoid Compression / Decompression
- Sacral Stacking Technique
- Dynamic & functional prehab / rehab selfcare and aftercare: Psoas ball work, Anterior Rotation Self-Care, Uplip Self-Care

Following the course Therapists will be able to add these advanced techniques to their existing skillset to benefit client outcomes

### Practicalities, what to bring

- Shorts or similar and vest top to be treated in, underwear and swim wear can also work. **No sports bras or 1-piece swim wear**
- Pen and paper
- Food for lunch and a bottle of water (hot drinks are provided)
- PPE – masks and visor (latex free gloves if you prefer to wear them). Something to cover you during treatment, e.g., a towel, fleece blanket or sheet (please avoid bulky items). We will provide plastic aprons, couch covers, sanitising equipment, hand-sanitiser and other PPE if needed

### Other important points

Myofascial release is applied on dry skin therefore creams, oils, lotions, makeup, and fake tan can make performing these techniques difficult. Please avoid these products for the workshop. Wear comfortable clothes that you can layer to keep you warm.

A course handout will be given to you on the day

There are no written exams, but techniques will be assessed throughout the day with your tutors. A Certificate will be issued at the completion of the course. **Small class numbers ensure plenty of individual attention.**

### Equal Opportunities

On the Spot Training School is committed to the principles of equal opportunities and will strive to ensure that no one using the service will be treated less favourably on the following grounds: Age, disability, sex or gender, race or religion, sexual orientation, nationality, social background, or by any other condition that cannot be shown to be justifiable.



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We welcome trainees from all communities and will protect them from abuse or harassment. Any trainee should be able to undertake the course or use the service provided they meet any entrance requirements. The same assessment standard must be applied equally to all trainees.

### Course Facilitators

Sally has been practicing massage for over 30 years and has been teaching for over 25 of those years. She originally trained in myofascial techniques with Ruth Duncan (MFRUK), gaining her certificated qualification in 2012. Since 2015 Sally has regularly travelled to America to study and complete the 'expert' level of training with John F Barnes who is considered the Father of MFR. Part of her training included working alongside John and the expert staff at Therapy on the Rocks during a Skills Enhancement Programme and has also completed the prestigious MFR 3 training with John in 2018.

In 2018 she was acknowledged as a JFB Study Group Leader in the UK. In 2014 Sally attended a Women's Health training course with American therapist and trainer, Nancy Stewart. In February 2019 she attended the course with John F Barnes and has appreciated repeating several of his courses as this helps develop her practice.

**JFB Seminars Completed –MFR 1 & 2, UNW, AUNW, RB, CT, FP, QL, SES, T4T, MFR 3, WH, FC and repeats**

Craig has practiced professional massage & bodywork for 16 years and has been teaching for 6 years. He specialises in Advanced Soft Tissue Neuromuscular Therapy, Sports & Therapeutic Massage and now focuses the majority of his hands-on work in utilising the John F. Barnes approach of Myofascial Release. Having initially trained in MFR with Ruth Duncan in the UK, Craig now continues his training with John F Barnes and expert trainers in the US. He draws much of his functional movement and dynamic bodyuse knowledge and experience from many hours of Martial Arts practice in the prominent styles of China, Russia and Japan and is currently completing Yoga Teacher Training.

**JFB Myofascial Release Seminars Completed – MFR 1 & 2, Unwinding, Fascial Pelvis & Skills Enhancement Seminar at the Therapy on the Rocks MFR Treatment Centre, Sedona, Arizona - March 2020**

**If you have any further questions, please contact:**

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