



On the Spot Training School

01702 203001 / 07989280469

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Fabulous Fascia 2-day Course Introduction to Myofascial Release Therapy (MFR)

DATES	See Website
TIME	9.30 am to 5.30 pm (If you are able to arrive earlier please let us know)
COST	See Website for cost and payment details
DURATION	2-day course
FACILITATORS	Sally Morris & Craig Foden
VENUE	May vary, please check information on website On the Spot Training School, 12 Victor Gardens, Hawkwell, Essex. SS5 4DR

Overview

During this 2-day course you will have the opportunity to immerse yourself in the fascinating world of fascia and learn why it's important to work with the fascia for lasting change. You will feel and experience how fascia changes with sustained pressure myofascial release techniques and your treatments may never be the same again.

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 in order 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.

Course hours

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

Aims of the 2-day course:

To explore basic theories of fascia

To observe and palpate for fascial restrictions

To develop practical skills of myofascial release, direct and indirect

To experience and affect changes in fascial tissue

Outcomes:

By the end of the course participants will:

- Know the nature of fascia and why it's so important to work at this level for lasting change
- Identify contraindications for MFR
- Learn palpatory and observational methods for identifying fascial restrictions
- Experience couch-based, direct fascial techniques
- Experience giving and receiving indirect fascial release techniques; the classical cross-hand release, arm/leg pulls and transverse planes
- Learn how to use myofascial techniques in a variety of positions and areas; prone, supine, side-lying and seated
- Explore fascial self-care using 4" balls
- Explore the body language of unwinding and how to respond

Palpation and assessment skills and MFR Techniques included:

- Assessing fascial restriction through observation and with simple palpation techniques including pelvic alignment
- Couch-based, direct fascial release techniques



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- ◇ 'J' stroke
- ◇ Strumming
- ◇ Skin Rolling
- Indirect myofascial release techniques
 - ◇ Cross-hand Release in various areas and positions
 - ◇ Arm / leg pull
 - ◇ Seated neck stretch
 - ◇ Transverse planes
 - ◇ Occipital condyle Release
- An introduction to unwinding

Following this course, therapists will be able to integrate MFR techniques into their existing repertoire of skills to benefit their clients.

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 On the Spot Training School

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