



On the Spot Training School

01702 203001 / 07989280469

www.sallymorris.co.uk

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Fabulous Fascia Workshop

An Introduction to Myofascial Release Therapy (MFR)

DATES	See Website
TIME	9.30 am to 5.30 pm
COST	See Website for cost and payment details
DURATION	1-day introductory workshop
FACILITATOR	Sally Morris
VENUE	On the Spot Training School, 12 Victor Gardens, Hawkwell, Essex. SS5 4DR

What is Fascia?

Fascia is a tissue that surrounds, infuses and protects all other tissues and organs of the body. It provides cushioning and support so that we can 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 stretching 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 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.

Entry Requirements:

Students must:

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 body massage)
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.



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Course hours

9:30 – 17:30 hours Total learning hours: 7.5hrs

This practical and theoretical exploration of fascia will enable you to:

- Discover the nature of fascia and why it's so important to work at this level for lasting change
- Learn direct fascial techniques, lying and seated that can easily be integrated with your current practice.
- Learn indirect fascial release techniques, the classical cross hand release
- Explore myofascial unwinding

MFR Techniques included:

- Assessing fascial restriction through observation and with simple palpation techniques
- Direct fascial release techniques
 - Couch-based
 - Seated
- Skin Rolling
- Indirect fascial release technique
 - Cross-hand Release
 - Arm pull
- An introduction to Unwinding

Following this course, therapists will be able to add techniques learned to 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. Ladies please no sports bras or 1-piece swim wear
- Pen and paper
- Food for lunch (drinks are provided)
- Hand sanitizer, baby wipes and a towel to cover you



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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 limit the use of these products for the workshop and where possible please avoid using them.

Wear comfortable clothes that you can layer to keep you warm.
A handout will be given to you on the day

There are no written exams but techniques will be assessed throughout the day with your tutor. A Certificate will be issued at the completion of the day.

Maximum of 8 in a class, this ensures plenty of individual attention.

Equal Opportunities:

Courses are open to all women and men, irrespective of age, religion/creed or size. We welcome applications from black and ethnic minorities, lesbians and gay men. People with disabilities are encouraged to contact the training centre to discuss their requirements. Students can expect their tutors to be aware of this policy statement and be non-discriminatory in their teachings.

Course Facilitator:

Sally has been practicing massage for over 27 years and has been teaching for 25 of those years. She originally trained in myofascial techniques with Ruth Duncan (MFRUK), gaining her certificated qualification in 2012 and has continued to attend courses with Ruth. Sally completed MFR 1&2 and Unwinding training with John F Barnes (considered the Father of MFR) in America in 2015, in the beautiful town of Sedona, Arizona and in January 2016 she completed 3 more seminars with John in Florida; Cervical/Thoracic, Rebounding and Quantum Leap. Later the same year she took the Skills Enhancement Seminar in Sedona, working and learning alongside John and his staff at Therapy on the Rocks. Sally has also attended a Women's Health training course with Nancy Stewart in 2014, Nancy is American and the training was arranged through MFRUK.

Directions:

By car -There is ample residential parking in the vicinity (please be considerate to neighbours).

By train - Hockley Station is on the London Liverpool Street line to Southend Victoria and takes approximately 46 minutes. www.nationalrail.co.uk. The venue is a 10-15-minute walk from the station.

By taxi – If you prefer a taxi the local firm can be found usually outside the station or on Hockley taxis 01702 531531



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By walking – From the station exit onto Spa Road, cross the road at the zebra crossing and you will notice a walkway behind railings, this leads you to Hawkwell Road. Follow the road all the way to White Hart Lane and you will see my road almost directly opposite. It is less than a 10-minute walk.

Arrival - When you arrive at the house enter through the door in the garage and walk straight through to the back garden where you will find the Training Centre, a warm welcome and a nice hot or cold drink.

If you have any further questions, please contact Sally -

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