

Bridging the gap from a 'good', to an 'outstanding' treatment

Fascia Fundamentals Workshop **An Introduction to Myofascial Release Therapy (MFR)**

With Celine Samson & Sally Morris

DATE	Friday 29th September 2017
TIME	10:00 – 17:00hrs
COST	£90
DURATION	1-day introductory workshop
VENUE	34-36 Hart St, Henley on Thames, Oxfordshire. RG92AU

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.

Plan for the day

Morning

- What is fascia and why is it important?
- Exploring and sensing the nature of fascia with feeling-state exercises

A short lunch-break before we dive into the practical learning

Afternoon

- Assessing fascial restriction through observation and simple palpation techniques
- Classical indirect MFR techniques:

cross hand release

arm pull

seated fascial release for the neck

principles of 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

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 informally assessed throughout the day with your tutor. A CPD Certificate will be issued at the completion of the day.

Maximum of 10 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 Facilitators:

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 MFRUK, including the Women's Health training course with Nancy Stewart in 2014.

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 and attended a 5-day intensive treatment program in America last year. She is very proud to have been verified by John as a JFB, MFR Study Group Leader in the UK.

Celine's massage career spans over 30 years and she started teaching massage workshops approximately 18 years ago. Whilst qualifying in a broad range of modalities, her initial discovery of MFR work came through her Thai yoga massage training (dynamic) and from many sports/remedial workshops facilitated by prominent MFR trainers such as Art Riggs (US), Robert Schleip (Germany) and Ruth Duncan who is UK based.

Celine's commitment to bodywork and massage means she never stops training and learning, especially in understanding the fascial system and in myofascial release. This is because it truly is life changing in its therapeutic potential which requires dedicated study and endless, joyful practice.

Any further questions?

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