



CONCEPT-ROSSMANN



Markus Roßmann

Dipl. Sportl. Univ.
Certified Rolfer™
Expert of fascia exercises and manipulations
Founder of Fascial Walk®
Fascial Run Senior Master Trainer

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Markus Rossmann

- Certificated Physical Education Teacher (Technical University Munich)
- Certified Rolfer™
- Movement Therapist
- Expert of fascia exercises and treatment
- Founder of Fascial Walk®
- Author

Professional development

Markus Rossmann graduated from the Technical University Munich in 1989 with a certificate as a physical education teacher with an emphasis on rehabilitation/prevention. Afterwards, he has worked as a specialist for health sports and for competitive sports in the commercial sector for several years. In 1994, he moved to the rehabilitation sector, where he was the head of the medical training therapy. He has worked as the head of medical training therapy for 10 years, both in Berlin and in Erding. Looking for new, creative and alternative methods to help people with general health issues, he started the Roling Training.

Since 2004 he has been a Certified Rolfer™ and runs his own office.

Markus Rossmann has been working in close co-operation with Dr. Robert Schleip for many years and was involved significantly in the development of Fascial Fitness. Since 2010, Markus Rossmann has given more than 500 lectures and courses on fascia and Fascial Training all over the world.

He is one of the creative forces which put the latest scientifically findings about fascia into practice. His mainfocus is on the integration of fascial training and manipulation in therapy, sport and fitness.

Also, he developed the walking concept "Fascial Walk", which more and more people come



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to enjoy because of its simplicity and its efficiency, and because it requires little time.

He wrote two books:

- Fascia meets Muscles
- Fascial Walk

His workshops are welcome all over the world!