

Fascia meets Muscles

Integrating fascial exercises (fascial movements) into a fascial body work session!

The last 15 years of fascial science shows us that fascia can be influenced by treatment but also by exercises in a positive way! This fact changed my work a lot! We all know: To keep our clients emotionally and physically healthy we have to bring them into healthy movements.

By the way: Fascia is important – but muscles also! To keep health you should always try to bring your clients into a balance of flexibility and stability!

Fascia meets Muscles is an alternative approach in the area of individual treatment of clients, patients and athletes. The goal is clear: a change away from inactive positions towards treatment techniques in functional, everyday situations. The key focus here is on fascial manipulation during functional motions in combination with a new healthy and positive activation of the muscles. This can boost the mobility of an impaired joint and optimize athletic movements.

Furthermore, specific, sometimes guided, movement instructions combined with special release techniques can improve motion perception and motion quality, but also mindfulness towards one's own body.

The development of this quite unique approach has its origin in the discovery made in fascial research that there is a connection between proprioception and myofascial pain and the fact that gravity has a huge influence on posture and emotions.

Fascia – Treat In Movement is aimed at all therapists who are interested in more creativity when it comes to their own approaches and who wish for more self-involved clients during treatments.

Schedule:

1st day: 9 am – approx. 5:30 pm

2nd day: 9 am – approx. 4:00 pm

Contents:

- Fascial anatomy update
 - Definition: Fascia vs. Fascial System
 - Cells: fibroblasts and fasciocytes – activate them at its best
- Fascial Movement Basics
 - Movements
 - Exercises
 - Fascial stretching
 - Catapultraining
 - Body perception training
- Treat in Movement – Combine Hands On with movements
- The best strength training for health – a new (old) approach for more muscle and fascia health
- The “ALL IN ONE CONCEPT” - FLEXIBILITY – POSTURE – STABILITY
- A “NEW SPINE CONCEPT” – Developed on the latest news about the fascial system!
- Fascia meets Muscles techniques integrating in a session!

The workshops and presentations of Markus Roßmann are **worldwide** in great demand among therapists, instructors and athletes. Additionally, they are very asked for as well as in popular sports as in competitive sports and in health and prevention sports. In his workshops Markus Roßmann's focus is very practical-oriented. The theoretical background, however, is passed on in a simple way, visualizing the contents to gain a better understanding of the

theory. He encourages the participants to become active themselves and loves to integrate the creativity of the participants into his courses. A lot of people find this unique approach to teaching new and even unusual - and thus exciting, informative and entertaining.