

Fascial Fitness: Introductory and Advanced Trainer Certification Courses

with **Dr. Robert Schleip & Divo Muller**

January 4, 5 and 6, 7 – 2013 in Auckland

Based on the latest fascia research, these two Auckland-based courses are the only Fascial Fitness classes taught by Robert and Divo together in Australasia in 2013.

Fascial Fitness has been developed by Robert Schleip and Divo Muller in collaboration with health, sports and movement professionals. It is a new approach for encouraging the remodelling of a stronger and more elastic collagen tissue network. Fascial Fitness complements conventional sports training with recommendations for specific loading exercises, dynamic stretching as well as 'bouncing' movements that utilise and strengthen the elastic recoil inherent in collagenous tissues.



If the 'fascial' body is well trained – optimally elastic and resilient – it can be relied on to perform effectively, to allow peak performance, to foster the coordination of supple, elegant movement and to offer a higher potential for injury prevention.

Introductory Course

January 4 and 5 (9am – 5pm)

In sports education the emphasis has been on muscular strength, cardiovascular conditioning and neuromuscular coordination. Emerging research on fascia – the body-wide connective tissue net, reveals a ground breaking understanding of the essential role this network plays in a powerful, moving body.

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This is significant since most injuries in sport, as well as the loss of mobility, flexibility and strength in an ageing body, do not occur in the muscle fibres or in the bony skeleton. The weak point in our soft tissue system is the structure of the connective tissue as in ligaments, tendons or joint capsules when they have been loaded beyond their capacity.

This course enables physical therapists, professional sports trainers, sports coaches, as well as movement therapists to understand how Fascial Fitness Principles can be integrated into their practice.

Advanced Certification Course

January 6, 7 (9am – 5pm)

This certification course is open to all who have completed a Fascial Fitness introductory course.

The certification class offers advanced Fascial Fitness practical exercises and emphasises teaching skills in groups and different training contexts.

The focus is on the exciting news that the body-wide fascial network is the richest sensory organ for proprioception and sensory body awareness. We now have an inspiring direction for a new approach to body fitness.

Therefore, we propose a radical reorientation – leaving the technical, repetition-based and hard-gain attitude behind and leaping into the 'feeling body' – awakening the goldmine of dormant resources that are mainly embedded in the superficial fascial sheets, using instead, variation, creativity and an attitude of ease and flow. This refined sensory unfolding creates a sense of well-being in the body, an elegant and fluid cat-like moving expression. This approach can contribute to all levels of fitness aspiration including those looking for a new level of peak performance in professional sports.

As part of a holistic training approach, Fascial Fitness adds a vital dimension to the prevention, fitness and rehabilitation focus of established exercise programmes.



Divo Muller is one of the first internationally authorized Continuum teachers in Europe (1996). She is a Somatic Experience practitioner, author of a book, numerous articles and DVDs. Divo teaches in Brazil, New Zealand and Europe. She is currently collaborating with an international group of fascia pioneers translating the new findings into a practical and inspiring Fascial Fitness approach.



Robert Schleip PhD, is a Rolfing Instructor and Fascial Anatomy Teacher. He has an MA in psychology and is a Certified Feldenkrais Teacher (1988). He established the Fascia Research Project at Ulm University. He was co-initiator of the first Fascia Research Congress 2007 at Harvard Medical School.

Interest in Fascial Fitness workshops is overwhelming. Workshop sizes are limited.

Tuition \$450 per course if paid before Nov 22, 2012. From Nov 23 fee is \$520 per course.

Payment Account: 38-9014-0039118-00 Reference: Fascial Fitness and Your Name.

Venue TBA in central Auckland.

To register email solpetersen@extra.co.nz with contact details.

Contact Sol Petersen, Tel: 021 893055.

Visit www.fasciafitness.de and www.theradiantbody.com