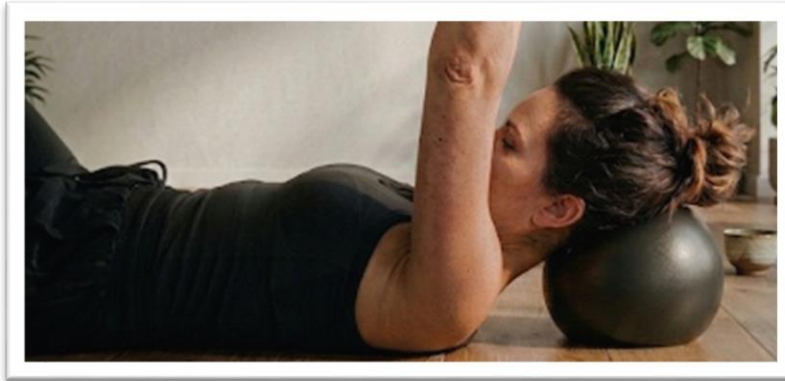


EMBODIED MYOFASCIA RELEASE

20hr Continuing Professional Development (CPD)

COURSE OUTLINE



Fascia is a hot topic within yoga & therapeutic movement spaces these days and for good reason.

This body wide web of connective tissue has a profound impact on our overall health and well-being. It plays a direct role in functional and everyday movement. It contributes to our sense of body awareness; it reflects and influences mental and emotional states and ultimately serves as a gateway to a more integrated and coherent sense of self.

This training is a holistic and experiential approach to understanding fascia within the framework of embodiment, somatic experience and therapeutic movement modalities. This framework shifts the view of fascia from merely structural anatomy to fascia as an intelligent, interconnected, body wide web of living tissue. A sensory organ and communication highway to deeper embodied intelligence.

This course is designed for

- ★ Yoga teachers, Pilates instructors or somatic practitioners who want to expand their skills and teaching. Perfect for anyone who already teaches yin, restorative or somatic and therapeutic styles of yoga.
- ★ Bodyworkers who might want to integrate movement therapy with existing myofascial release work.
- ★ Teachers who want to integrate MFR into group classes or 1.2.1 sessions.
- ★ Dedicated students & practitioners who are looking for a deep personal immersion and learn tools and techniques for their own personal practices and wellbeing routines.

You do not need to be a teacher to join this course.

COURSE OUTLINE

The learner will be able to apply and integrate MFR techniques into their teaching, movement facilitating, bodywork, self care routines, as well as group classes or 1.2.1 settings.

THE FOUR KEY CONCEPTS

These 4 key concepts are explored and experienced during the training, and these 4 concepts are the themes that will thread the weekend together. Intercepting themes that are also distinct.

- **Fascia Release as Restorative Practice**
nervous system up & down regulation, melting v stretching, the 'yield', and still presence
- **Fascia Release for Movement & Mobility**
anatomy lines, slide & glide, bio-tensegrity, bounce & shake, whole-body movement
- **Fascia Release as Somatic Experience**
interoception, body mapping and 'felt sense' enquiry, fascia as responsive & reflective
- **Fascia as Unified Field of Awareness**
Sensing the whole self, integration & non dual awareness, from the physical to the spiritual.

WHAT TO EXPECT

A retreat experience within a training programme. Dominique invites you to treat this weekend as a retreat. To immerse yourself in the practices and teaching and gift yourself the wisdom of embodied learning. Bottom up, not top down.

Experiential, enquiry-led & practice based learning. This is the most effective way to feel, remember, learn and personalize your approach to applying and teaching the tools and techniques of Embodied MFR. The clue is in the title!

Expand your skills and teaching repertoire with simple techniques and MFR applications that can transform your own embodiment practices, teaching and healing.

Simple and effective tools & techniques for anyone that wants to bring MFR into their home practice.

'Listening with your Whole Body', engaging, learning and understanding through the lens of interoception, felt sense enquiry and the subtle communication and language of the body.

Reflection, enquiry, sharing experience. This training will place importance on direct experience. There will be opportunities to discuss, share and learn from each other. Dominique will also include reflection and enquiry questions as a large part of the learning process.

A journey from the physical to the spiritual. Undoing chronic holding patterns, reorganising into ease. Move, release and mobilise. Inhabiting the internal landscape and shifting into whole-self presence awareness.

THE LEARNING OUTCOMES

An embodied understanding of the 4 key concepts and how to integrate these themes into your teaching or self practice.

Knowledge of the anatomy of fascia.

Skillful application of myofascial release techniques using various props including soft and firm balls, blocks, blankets and rollers.

Simple ways to sequence and integrate MFR into your own teaching or self practice.

Teach with greater confidence and embodied authority when applying MFR in group or 1.2.1 settings

Deeper felt sense experiencing as the teacher **and** the practitioner.

WHY THIS COURSE WAS DEVELOPED

In the 12 years of weaving MFR into yoga & movement practice it became clear to Dominique that working intentionally and consciously with fascia provided us with much more than structural mobility and the feeling of a good massage. When we engage with this tissue intentionally, the effects travel deep into our entire system, supporting holistic healing on a physical, emotional, energetic and spiritual level.

This training is a culmination of over 12 years of Dominique's personal practice & teaching and offers a unique approach to understanding fascia and how it understands us!

Overtime, Dominique naturally began to orient around 4 fundamental themes or concepts which now define her approach.

As slower, more therapeutic approaches to yoga and embodiment practices become more popular. It felt time to offer a course that teaches ways to blend knowledge of fascia into modern movement modalities.

ABOUT DOMINIQUE

Dominique is an experienced teacher with 20 years of personal and professional practice within the field of yoga and embodied movement. She draws on a variety of influences and inspiration including traditional yoga asana with deep embodied awareness, restorative yoga & myofascial release, breathwork, curiosity-led and compassionate self enquiry and tools for nervous system health. Her work is also informed by 20 years' experience of 5 rhythms dance and 8 years study and practice in Non-Dual Saiva Tantra. She sees embodiment as empowerment and the pathway to living with more freedom, love, presence and power.

DATES & VENUE

Dorchester Yoga & Therapy Centre

Friday 6th November 6-9pm

Saturday 7th November 10-6pm

Sunday 8th November 10-6pm

20hr CPD CERTIFICATION

If you are attending this course as a teacher, this course offers 17hrs of the 20hrs required for a CPD certificate. A 20hr certificate will be issued on completion of pre course reading and a post course short written assignment.

COURSE INVESTMENT

£365

Option to pay 2 installments

A non-refundable deposit of £150 is required to book your spot.

VENUE ADDRESS

Dorchester Yoga & Therapy Centre

14 Trinity St

Dorchester

DT1 1DD