



STUDIO JARNIE

Centre for Healing, Music and Learning

*Participant Information Document
For Workshops:*

Advanced Myofascial Release Practice - Module 1

Venue Address: Springwood Red Cross Hall
107 Macquarie Rd, Springwood
Date: Sunday 26th May 2019 (tentative)
Time: 9.00 am – 4.00 pm

This is the first of *Two Practical Skills Workshops* designed to introduce you to the

Full-Body Integrated Fascial Shift®

a new set of MFR treatment techniques that should save your hands, improve your results and avoid unnecessary tissue trauma/pain for the client during your treatment. It is best suited to experienced practitioners. In this session we will discuss/work with:

1. *Body Mapping Phase 1*
 2. *Proprioception and Kinaesthesia*
 3. *Muscle Extensibility*
 4. *Direction of Shift*
 5. *Tools of Trade*
 6. *Hardening and Softening of Fascia*
 7. *Linking the Body Map*
 8. *Bones, Fascia and Fulcrum*
- ATMS will give 6 points for this one-day module. AMT have approved it but members must apply to the association on completion to find out how many points will be allotted.
 - Morning and afternoon tea is provided but please bring your own lunch – or there are cafes, takeaways within walking distance. Please phone or email me at Studio Jarnie (below) to indicate whether or not you can bring a table (plus pillows) and/or would be willing to be demonstrated on. **Workshop places are limited to 12 participants (8 of whom need to be willing to get on the table). I also need min 4 tables. All participants to bring a full set of towels please, just in case.*
 - Notes and references for your interest will be emailed prior to the workshop. No need to study these in advance. **I need everyone's complete contact details.*

- This course is all about *improving your practical skills* in MFR. It is very much hands on and everyone will be expected to practice the techniques on the day. I expect everyone to be ready to move on to the more advanced Module 2 by the end of the day.

Advanced Myofascial Release Practice - Module 2

Venue Address: Springwood Red Cross Hall
107 Macquarie Rd, Springwood
Date: Sunday 23rd June 2019 (tentative)
Time: 9.00 am – 4.00 pm

This is the second of *Two Practical Skills Workshops* designed on the basis that techniques learned in Module 1 have been practiced in a clinic setting and can be combined with the more advanced techniques covered here:

9. *Body Mapping Phase 2*
10. *Applying Tensegrity Principles*
11. *Growth and Continuum*
12. *Subluxation and Mobilisation*
13. *Inflammation and Areas of Stress*
14. *Frail Aged Fascia*
15. *Reflexology in MFR*
16. *Revision*

- As with Module 1, ATMS will give 6 points for this one-day module. AMT have approved it but members must apply to the association on completion to find out how many points will be allotted.
- By the end of my two workshop days - held one month apart to give you time to practice up in between – you should be able to do a full body MFR treatment in which all fascial planes/lines/meridians are brought together in a very logical and effective way. The only pain or discomfort your client should feel would be if you touch on a very active trigger point. You will be shown how to work with such areas whilst avoiding the pain response or any tissue damage.