



Conference Programme

FASCIA RETREAT 2019

Thursday 11th July

- 8.00 - 9.00 Check-in
09:30 **Anna Maria Vitali** Fascia: the key element for Movement and Perception
10:20 **Adamantios Arampazis** Neuromuscular capacity and motor function
11:45 Coffee Break
12:00 **Carlos Romero** Fascia and yin yoga
12:45 **Claude Coldy** The elements of Nature: Awakening of function.
13:30 Lunch Break
14:30 - 17:30 Practical Lessons (choose one of it)
Adamantios Arampazis Assessment of tendon mechanical properties
Claude Coldy Slow down - activation of sensory systems
Anna Maria Vitali Fascial Training - Train the Sinergy
(how to coordinate the fascia and muscle to produce strenght)
Carlos Romero Flow into stillness

Friday 12th July

- 08:15 Workout (Claude Coldy/Carlos Romero/Anna Maria Vitali)
09:30 **Antonio Stecco** Fascial densification: basic science and palpation reliability
10:45 **Adamantios Arampazis** Imbalanced adaptation between muscle and tendon and risk of tendinopathy
12:00 Coffee Break
12:15 **John Sharkey** Fascia and biotensegrity: Biotensegrity-Anatomy for the 21st Century model-Introduction
13:30 Lunch Break
14:30 - 17:30 Practical Lessons (choose one of it)
Adamantios Arampazis Assessment of tendon mechanical properties
Claude Coldy The space of the relationship: listening and accompanying dialogue between different systems
Carlos Romero Pathways of Connectivity - Yin Yang Yoga/Qi Gong Flow
John Sharkey Fasciategrity - Fascia informed movement

Saturday 13th July

- 08:15 Workout (Claude Coldy/Carlos Romero/Anna Maria Vitali)
09:30 **Antonio Stecco** Fascia in orofacial pain: clinical relevance.
10:40 **John Sharkey** Fascia and biotensegrity: Biotensegrity - Anatomy for the 21st Century model-Continued
12:00 Coffee Break
12:15 **Caterina Fede** and **Maurizio Fanciulli** The infinitely small: the microworld of the Fascia
13:30 Lunch Break
14:30 - 17:30
John Sharkey Fasciategrity - Fascia informed movement
Claude Coldy The touch - proprioception and interoception
Carlos Romero The Art of Healing Touch - Thai Massage meets Myofascia Release
Anna Maria Vitali Fascial Training - Train the Sinergy (how to integrate Strenght, Proprioception and Elasticity)

Sunday 14th July

- 08:30 Workout MASTERCLASS (Claude Coldy/Carlos Romero/Anna Maria Vitali)
10:00 Coffee break
10:15 **Antonio Stecco** Fascia in sport injury prevention
11:30 **Anna Maria Vitali** Fascial Training - How to organize a Fascial Training program
12:45 All presenter conclusion
13:30 Thank you!