

Fisicamente Formazione Srls

FASCIA RETREAT 2019

Movement & Fascia

Special Edition - 10^{mo} Anniversario

Chianciano Terme (SI) – from 11th to 14th July 2019

with

Adamantios Arampazis, Antonio Stecco, John Sharkey, Anna Maria Vitali, Carlos Romero, Claude Coldy, Enrico Simonetto, Caterina Fede e Maurizio Fanciulli

Early booking offer valid until 15th December 2018!

Take a break and recharge yourself through a unique experience!

Four days at the wellness oasis of Tuscany, Chianciano Terme, for the most important conference on the Fascia and the Movement in Italy. There will be great biomechanics and movement experts, as well as experts from the Fascial Manipulation®, Fascial Training® and Danza Sensibile® schools: **Adamantios Arampazis, Antonio Stecco, John Sharkey, Claude Coldy, Anna Maria Vitali, Carlos Romero, Caterina Fede and Maurizio Children**. *Fascia Retreat* is the opportunity for the community of movement experts - Pilates and Yoga instructors, Personal Trainer, Athletic Trainers, Physiotherapists and teachers of motor activities - to deepen, meet, share their knowledge, collaborate and grow together their own profession.

This retreat is not to be missed!

Fascia Retreat is in its tenth edition. One of its kind is the only sedentary and pluritematic conference that allows a real update for yoga instructors and Pilates, movement experts, osteopaths Italian and foreign physiotherapists. The growing success has made it an unmissable appointment to meet internationally renowned teachers, professionals and colleagues with whom to spend four days of study and practical study on innovative themes in a frame of complete relaxation. Also this year the choice of themes is intriguing and innovative.

TOPICS

This year we will have the honor of hosting for the first time **Adamantios Arampazis**, a popularizer and expert on the adaptation of the muscle-tendon unit, of neuromuscular control, on the adaptation of the locomotor and on the dynamic control of stability in healthy and pathological conditions; and **John Starkey** Clinical Anatomist, physiologist and manual therapist who will delve into the concepts of the Biotensegrity model: Anatomy for the 21st Century.

In this edition we'll present the concept of **Luigi Stecco** of the Fascial Manipulation by Dr. Antonio Stecco, together with the themes of the Fascial Training school of **Anna Maria Vitali** aimed at understanding the fascial system closely linked to the movement. We also have the pleasure of having for the first time the school of *Danza Sensibile®* by **Claude Coldy** - dancer and pedagogue of the movement - with **Enrico Simonetti**. **Carlos Romero** Yoga Instructor directly from Bali with a work on Yin Yang Yoga / Qi Gong Flow

and Myofascia Release through movement and Thai Massage. We will deepen the themes of the micro-world of the band through a conversation with two great excellences in the field of Italian research such as **Caterina Fede** and **Maurizio Fanciulli**.

What do we mean with “retreat”?

Retreat evokes monastic scenarios, places of reflections and work, surrounded by peace and serenity.

After a year of intense work in our studios, without the chance to meet and speak to our colleagues, many Pilates instructors are not only exhausted, but devoid of new ideas, and sometimes full of unresolved doubts. This is the time to take a break to recover physical energy and clarify still obscure topics, learning new methods and share our opinions with colleagues and teachers in a serene atmosphere. A holiday prelude to let us take breath, feeling part of a community in constant evolution and in continuous dialogue, and take home important results.

Presenters

Adamantios Arampazis

Neuromuscular capacity and motor function

Imbalanced adaptation between muscle and tendon and risk of tendinopathy

Assessment of tendon mechanical properties

John Sharkey

Fascia and Biotensegrity: Biotensegrity-Anatomy for the 21st Century model

Fasciategrity – Fascia informed movement

Antonio Stecco

Fascial densification: basic science and palpation reliability

Fascia in orofacial pain: clinical relevance.

Fascia in sport injury prevention

Anna Maria Vitali

Fascia: the key element for Movement and Perception

Fascial Training - How to organize a Fascial Training program

Fascial Training - Train the Sinergy (how to coordinate the fascia and muscle to produce strenght)

Fascial Training - Train the Sinergy (how to integrate Strenght, Proprioception and Elasticity)

Claude Coldy/Enrico Simonetto

The elements of Nature: Awakening of function.

Slow down - activation of sensory systems

The space of the relationship: listening and accompanying dialogue between different systems

The touch - proprioception and interoception

Carlos Romero

Fascia and yin yoga

Flow into stillness - Moving form the gross body into the shuttle universe within. Moving through different layers of Fascia in a yin yoga & hands on practice to activate a conscious practice of self healing.

Pathways of Connectivity - Yin Yang Yoga/Qi Gong Flow - A journey of integration, realign with the source through the practice of presence and conscious movement. We will dive into the Fascinating world of the connective tissue (Fascia) through the direct experience of our own body with embodiment practices like Yoga & Qi Gong.

The Art of Healing Touch - Thai Massage meets Myofascia Release - Go deeper into a mindful way of touching, adjusting and working with others through the ancient teachings of Thai Massage and incorporate more sensitivity and receptivity on Touch with modern approaches based on myofascia release

Caterina Fede and Maurizio Fanciulli
The infinitely small: the microworld of the Fascia
Adamantios Arampazis

FEES

4 DAYS FULL TIME CONFERENCE

PROMOTION for 4 days:

500,00 € + IVA

Payment method: Bank transfer

PROMOTION for 3 days:

455,00 € + IVA

Payment method: Bank transfer

*** PROMOTIONS FOR GROUPS WILL BE APPLIED**

TIMETABLE

1st Day – Thursday, 11th July

8:00 – 9:00 Check - in
9:30 – 13:30 Lectures
13:30 -14:30 Lunch break
14:30 – 17:30 Practical Lessons

2nd Day – Friday, 12th July

8:15 – Workouts classes (group lessons)
9:30 – 13:30 Lectures
13:30 -14:30 Lunch break
14:30 – 17:30 Practical Lessons

3rd Day – Saturday, 13th July

9:30 – 13:30 Lectures
13.30 – 14.30 Lunch break
14:30 – 17:30 Practical Lessons

4th Day – Sunday, 15 July

8:30 Workout MASTERCLASS
10.00 Coffee break
10.15 – 13.30 Lectures & Conclusions

AT THE END OF THE RETREAT YOU'LL BE GIVEN A PARTECIPATION CERTIFICATE

WHERE?

Grand Hotel Excelsior

Address: Via S. Agnese, 6, 53042 Chianciano Terme (SI)

Email: direzione@grandhotelexcelsior.it

SWIMMING POOL AVAILABLE!

WHO SHOULD ENROLL

Our Retreat is recommended to all physical activities professionals (athletic trainers, Yoga and Pilates instructors, dancers, etc.), physiotherapists and osteopaths, students of motor science, and all the people interested in studying the role of Fascia in the movement.

HOW TO ENROLL

1. Enroll on line, through our website www.fisicamenteformazione.it/en/
2. Create an account and apply to the event
3. You'll receive a detailed summary the bank transfer details by email;
4. Do the deposit's bank transfer deposit (check your email for the amount);
5. Send an email with a copy of the bank transfer's receipt to info@fisicamenteformazione.it

The enrollment is considered valid upon receipt. Please check the valid sending of the subscription form and bank transfer receipt mail.

IN CASE OF CANCELLATION

Cancellation must be communicated by email to info@fisicamenteformazione.it The deposit is lost and cannot be used by another attendant. If the attendant is late or has to depart earlier, he/she has no right for any refund.

Timetables may be subject to change and will be promptly notified. Retreat's fee does not include travel expenses, room and board. Fisicamente Formazione srls does not deal with bookings.

The hotel's reservations must be made directly by the attendants.

HOW TO REACH US

Grand Hotel Excelsior

Via S. Agnese, 6, 53042 Chianciano Terme SI

BY CAR:

From north: take the A1 motorway towards Naples (Napoli), exit at Chiusi-Chianciano Terme and then follow the signs to the city center.

From south: take the A1 motorway towards Milan (Milano), exit at Chiusi-Chianciano Terme and then follow the signs to the city center.

BY TRAIN:

From north: Milano-Chianciano terme is a 5 hour trip, with change in Bologna Centrale or Firenze Santa Maria Novella.

From south: Rome-Chianciano Terme takes about 75 minutes.

All trains arrive to the Chiusi-Chianciano Terme station.

From the train station there's an extra urban bus to Chianciano Terme every 30-40 minutes, it stops in Piazza Italia, about 150 mt. from the hotel. Alternatively, there's a Taxi Point outside the train station.

From the Bologna airport to Chianciano Terme: Take the Aerobus shuttle linking the airport to Bologna Centrale train station. A direct connection is available every 11 minutes. Easy ride to / from Airport 6,00 €. Tickets can be purchased directly on the site. From Bologna Centrale train take the train towards Florence and get off at Chiusi-Chianciano Terme. For train timetables please refer to the Trenitalia website. From Chiusi-Chianciano Terme railway station every 30-40 minutes take an extra-urban bus in the direction of Chianciano Terme, which stops at Piazza Italia, at 150 mt. about the Hotel. Alternatively, there is a Taxi Point outside the station.

From north: Chianciano Terme can be reached by train from Milan in about 5 hours, with intermediate stop in Bologna Centrale or Florence Santa Maria Novella.

CONTACT US

For further information, please email or leave a phone number to:
info@fisicamenteformazione.it

Daniela (+39) 3346987023 or (+39) 065295580

Mon-Fri from 9.00 to 13.00

Saturday from 10.00 to 12.00