



Fascia, proprioception and coordination

Online!



Jean Paul
Van Vingerden



Alessandro
Pedrelli



Caterina
Fede



Rosa
Vuerich



Anna Maria
Vitali

From 16th September 2022
to 31st December 2022

Programme

Practical lessons

- Jan-Paul van Wingerden - The Myofascial Core: How the fascia controls abdominal pressures.
- Anna Maria Vitali - Exploring movement beyond Pilates - How to stimulate the fascial system to enrich the classic Pilates repertoire to increase Strength, Flexibility and Elasticity.
- Alessandro Pedrelli - Exploring the ancient techniques of Yoga focusing on the fascia.
- Anna Maria Vitali and Rosa Vuerich - Yoga IYENGAR and myofascial sequences

Theoretical lectures

- Jan-Paul van Wingerden - The human body as a "pressure vessel"
- Anna Maria Vitali - Receptors and their role in proprioception
- Caterina Fede - the microworld of fascia: the superficial fascia and its role in proprioception
- Alessandro Pedrelli - Fascial Manipulation® as a key to reading Yoga. Parallelisms between the two methods.



Biography

Jan-Paul van Wingerden, PhD, is Director of the Dutch rehabilitation center "The Spine & Joint Center". While treating chronic pain patients for 25 years, he has developed a model through which we can understand how pressure control plays an important role in daily function, symptoms in pain patients and how to improve function. He has recently developed a program for patients suffering from long and breathing ailments following COVID-19 infection.

Anna Maria Vitali, Master Trainer Pilates and Fascial Training at an international level, presents a work of integration of the latest studies on the fascial system with the Pilates method, and a work dedicated to the diaphragm and its complex functions.

Alessandro Pedrelli is a Physiotherapist, Teacher for Fascial Manipulation® and Yoga Teacher. His knowledge and decades of experience have allowed him to formulate interesting links between the fascinating world of Yoga and the more scientific study of the range.

Caterina Fede, Since 2008 she has been active in supporting university teaching in Padua, in particular in the field of Embryology and Differentiation, Histology and Cell Biology at the University of Padua. Caterina has published several studies on the cellular and molecular biology aspects of fascia.

Rosa Vuerich, Junior III iyengar yoga teacher · Level 3 since 2005. She attended intensive courses with Patricia Walden, Mary Dunn, Joan Schumacher, Dona Holleman. She has attended the Pune institute several times.





Details

IS A CERTIFICATE OF PARTICIPATION ISSUED?

YES. A certificate of participation is issued.

ARE THE PREREQUISITES REQUIRED FOR PARTICIPATION IN THE EVENT?

The event is recommended for Physiotherapists, Doctors and Osteopaths, Yoga and Pilates Instructors, Personal Trainers and all experts in activities related to movement and research.

HOW I CAN WATCH THE VIDEOS?

Since 16th September 2022 to 31st December 2022

Costs

Early bird price: € 120,00

Promotion deadline September 11, 2022

STANDARD PRICE: € 180,00

