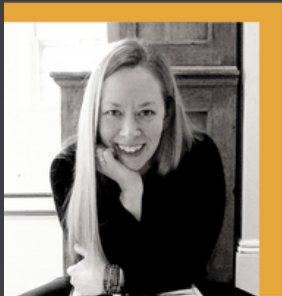




Special Edition - 12th Anniversary

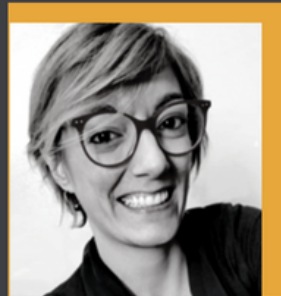
Fascia & Resiliency



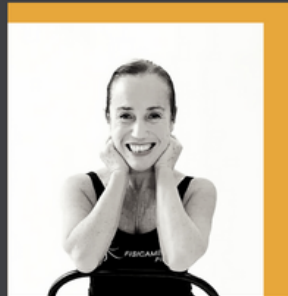
*Lauri
Nemetz*



*Claude
Coldy*



*Caterina
Fede*



*Anna Maria
Vitali*



21 - 23 July 2023 - Roma



Program

This year's theme will be the theoretical understanding and practical application of the role of the fascial system and resiliency

Why resilience and fascia?

The word "resilience" comes from the Latin "resilire", which literally means "to jump back". It was originally used to describe the ability of a material to absorb impact without breaking.

In psychology, it describes the ability to face traumatic events in a positive way, to reorganize one's life and rebuild one's existence while remaining sensitive to the opportunities that lie ahead without alienating one's identity.

The concept of resilience in this sense was developed in the 1950s by the American psychologist Jack Block, he highlighted the ability they had to shape their own lives, without passively undergoing adversity, studying children who grew up during the great depression of the 1930s.

How does the concept of resilience apply to the fascial system?

Perhaps we can say that resilience is its most important feature, as a sensitive, adaptable, and performing element.


Human movement requires resilience: a healthy and daily practice of physical activity has been shown to reshape the fascial system, but above all to reshape our brain and recreate the ability to face the daily difficulties of our existence in a constructive way, even emotionally.

This Fascia Summer Retreat is therefore dedicated to understanding how through balanced physical activity it is possible to fully recover our physical, emotional and mental resilience.

RESILIENCE IS THE ABILITY TO BEND WITHOUT BREAKING, TO BOUNCE AND MAYBE EVEN GROW WHILE FACING THE ADVERSITIES LIFE EXPOSES US.


What is the Fascia Retreat?

After 2 years of online conferences, it is time to come back and meet us face to face. It will be 3 days of study, but above all practical application to introduce the concepts of fascial training in the teaching of methods oriented to health and well-being.



For the first time: **Lauri Nemetz, Claude Coldy, Caterina Fede e Anna Maria Vitali.**

- **Lauri Nemetz** C-IAYT is past president of the YTA (Yoga Teachers' Association) and is an adjunct assistant professor at Pace University. She has deepened her anatomy work with intensive full-body dissection work. She was senior faculty for Anatomy Trains (r) 2010-2020. She is a graduate of Leslie Kaminoff's Yoga Anatomy course and co teachers anatomy dissections and movement experiences with him through www.knmlabs.com. She is an explorer and ever curious and enjoys helping others find creative and effective ways to feeling and functioning at their best.
- **Claude Coldy** trained since the age of twenty in Paris in classical contemporary dance and jazz. He also trained as an actor and took part in various theatre, television, and cinematic performances as well as participating in International dance festivals. In 1990 he created Sensitive Dance ® with Jean Louis and Marie Dupuy, French osteopaths. He has since dedicated himself to teaching and spreading Sensitive Dance , principally in Europe, conducting seminars in studio and nature and since 2000 teaching new generations of SD teachers.
- **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.
- **Anna Maria Vitali** started practicing Pilates in 1980 at the London Contemporary Dance School with Alan Herdman. She is a dancer and choreographer, she graduated with honors in Medicine and Surgery at the La Sapienza University of Rome. She has completed Luigi Stecco's Fascial manipulation course and she collaborates with Carla Stecco as a teacher at the Faculty of Motor Sciences of Padua. She has been a Pilates Master Trainer for over 15 years. She is also a Master Trainer for Fascial Fitness, a training method of the myofascial system created by Divo Muller, Daniela Meinel and Robert Schleip. She is an international presenter, recognized she is respected.



This edition is 12 times more special!

Fascia Retreat by Ficamente is in its Twelve edition. Unique of its kind is the only permanent and multi-thematic conference that allows a real update for yoga and Pilates instructors, movement experts, osteopaths and physiotherapists. The growing success of the Fascia Retreat has made this event an unmissable appointment to meet internationally renowned teachers, professionals and colleagues with whom to spend 3 days together in a complete relaxation environment.

COSTS

Promotion Price for the first 10 Subscribers by 25 April 2023

Early bird price: € 380,00

STANDARD PRICE

€ 450,00



Time tables

DAY 1 Friday 21 July 2023

- 13.00 - 14.00 Check-in
- 14.00 - 18.00 Practical lessons

DAY 2 Saturday 22 July 2023

- 9.30 - 13.00 Theoretical lectures
- 13.00 -14.00 Lunch Break
- 14.00 - 17.30 Practical lessons

DAY 3 Saturday 22 July 2023

- 9.30 - 13.00 Practical lessons
- 13.00 - 14.00 Conclusion



Where the event will take place?

Rome in the new headquarters Fisicamente Formazione
Via degli Scipioni 290
00192 in zona Prati

Practical and theoretical lessons

The retreat program includes a theoretical session (Saturday morning) and 3 practical sessions (Friday and Saturday afternoon and Sunday morning)
The theoretical session is shared among all the participants in a single conference room. The practical sessions of 3 hours and 30 minutes are done in 3 separate classrooms.

The teachers will present the same work during the 3 practical sessions defined in the program. Participants will be divided into 3 groups and they will have the opportunity to take part in all practical classes in rotation, in order to have the opportunity to cover the entire program during the 3 days of the retreat.

The practical classes will be held in the teacher's original language and translated into English or Italian depending on the teacher's language.

Language

Italian and English are the official languages of the FASCIA RETREAT. All lessons are held in the presenters original language and are translated simultaneously. All participants will be provided with a headset to be able to take advantage of the translation.





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.

