

Time Tables Fascia Retreat 2023



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

Theoretical lectures

Caterina Fede

Mast cells in the superficial fascia: sentinel cells for tissue remodeling

Anna Maria Vitali

From the neurobiology of stress to fascia and resilience training

Lauri Nemetz

The Intersection of Art, Space and Body: How our Anatomy and Perception Inform Each Other

Practical Lessons

Anna Maria Vitali

Training the Resilience with exercise

Lauri Nemetz

The Anatomy of Space and Well-being: Creating Fascial and Functional Resiliency in the Body and Mind

Claude Coldy

The touch, the relationship, the movement



Program Theoretical lectures

Caterina Fede

Mast cells in the superficial fascia: sentinel cells for tissue remodeling

Recent discoveries have shown that the superficial fascia is a fibrous layer in the center of the hypodermis, more complex than hitherto demonstrated: it is richly innervated, rich in blood vessels and with a lymphatic plexus.

The superficial fascia is very sensitive to changes in temperature, massages, and manual treatments; it is precisely to the mobility of the fascial matrix that some studies attribute the role of wound repair. Furthermore, we have recently demonstrated the presence of sentinel cells, the mast cells, in the human superficial fascia, located between the collagen bundles and the elastic fibers, close to the blood vessels and close to the nerves. Mast cell granules contain substances involved in the early inflammatory stages, tissue healing and regeneration process, bringing to light a strong resilience and adaptability of the superficial fascia.

Anna Maria Vitali

From the neurobiology of stress to fascia and resilience training

It is well known that stress can affect our psychophysical balance and our state of health, sometimes in a dramatic way. Through which mechanisms can a traumatic condition trigger profound physical and mental suffering and why; on the other hand, do some subjects seem able to respond to trauma in a positive way? And what is role the Fascia and how exercise play to recover a good balance?

In this presentation Anna Maria Vitali will illustrate the salient aspects of the neurobiology of stress and how the practice of some disciplines such as yoga and Pilates can be applied to train fascia and resilience.

Lauri Nemetz

The Intersection of Art, Space and Body: How our Anatomy and Perception Inform Each Other

What we understand about anatomy comes from several sources including dissection, anatomy atlases, and art. This lecture will take the audience through historical and modern dissection images and how what is seen also impacts what we can understand, particularly in myofascial anatomy and overall body perception. Likewise, Lauri will take the audience through how space and design are utilized in the world around us and how that likewise can negatively or positively change our relationships in the world and how we move through it.



Program Practical lessons

Anna Maria Vitali

Training the Resilience with exercise

What Pilates program can we develop on the Mat and on the Equipments to build a body stronger, more elastic and flexible? How can we psychologically support our clients, stimulate their attention and concentration to focus the mind on the positive perception of somatic sensations? Finally, how can we train our mind and make it more resilient through exercise?

In this workshop Anna Maria Vitali will illustrate the choice of exercises, the most suitable program and the communication method that can help generate positive sensations and recreate a state of psychophysical well-being.

Lauri Nemetz

The Anatomy of Space and Well-being: Creating Fascial and Functional Resiliency in the Body and Mind

Creating a resilient body and mind can be helped through an understanding of how our fascia functions and what decisions and challenges we can do to increase movement and mind potential in our lives. This workshop will be filled with some of the latest information in fascia, psychology, and understanding spatial use and how to apply these ideas through lots of hands-on movement play and practice.

Claude Coldy

The touch, the relationship, the movement

Sensitive Dance trains body and mind to deeply listen to the messages of the body and proposes to revisit some fundamental stages of evolution through a phylogenetic path, consciously reliving various stages of the verticalization process of the human being, in order to rediscover the meaning and the potential contained in the shape and structure of our bodies.

During this weekend we will direct the practice of SD towards touch and subtle listening in order to develop a relationship accompanying the birth and exploration of movement and the various structures of the body. With subtle listening we can welcome the unexpected answers that emerge spontaneously from the depths of the body, from the dialogue between sensation and internal movement; their manifestation generates an expression fully rooted in the present.

The breath, the look, the subtle listening, the touch will be our guides to meet what is born in the density of the body and in the depth of being, bringing to light a presence made of truth that becomes joy, poetry, dance of life.

