

Rolling along the Fascia Lines

Connective tissue, also known as fascia, envelops muscles, bones, and joints. This tissue also forms patterns called fascia lines, which work to connect, support, and facilitate movement within the body. When fascia becomes stiff due to stress, overuse, or injury, it can lead to pain and limited range of motion. By applying targeted pressure and performing specific stretching movements (known as fascia release), you can alleviate this tension and improve mobility. In this workshop, you'll learn how to do this yourself using massage balls combined with long-held stretches. This effective technique is easy to practice at home for prevention and self-care. By learning and regularly applying myofascial release techniques, you can relieve tension, improve mobility, and enhance your overall well-being. This self-care practice can be easily done at home, giving you the tools to actively work on your health and wellness.

I hope you enjoy this workshop and find that the techniques help you feel better and more relaxed. Take your time with the exercises, practicing them mindfully, and notice the positive changes in both your body and mind. Enjoy!



Why Fascia Release?

Tension Relief: Reduce pain and stiffness in muscles and fascia.

Improved Mobility: Increase range of motion and flexibility.

Self-Care: Learn techniques that you can practice independently at home.

Prevention: Prevent injuries and promote recovery.

Workshop Content

What is Fascia and What are Fascia Lines?

What are Trigger Points?

Basics of Myofascial Release

Techniques and Exercises

Tips for Home Practice

Date and Time:

Location:

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