



## SOMATICS ACADEMY



### *LIVE STREAMING* *FASCIA RESEARCH UPDATE* *DR. ROBERT SCHLEIP*

Friday, Oktober 08. 2021, 4.00 -8.00 pm  
Course Language English

During this Online Course Robert offers a concentrated summary of cutting-edge findings that are especially significant for sport and movement, as well as for manual therapists. This time, the Update will be ranging topics from 'foot to head', including one additional aspect, fascia as an emotional organ. We would not be too surprised if there will be one or two latest news which will find their way into the streaming. Divo will be offering a short movement session on the fascial training of the pelvic floor. Join us and we will be looking forward sharing the latest insights with you in theory and practice.

This Online Course will be recorded. The recordings will be forwarded to the participants and open for six months afterwards.

#### Topics

- News upon the anatomy and biomechanics of the plantar fascia, achilles tendon and the interaction of these structures.
- How does long distance running affect the development of arthrosis?
- Surprising findings on the human pelvic floor raise new questions and perspectives
- How does ageing influence the fascia of the human trunk wall
- High-quality ultrasound study reveals: Muscle soreness alters thickness of individual fascia.
- New findings and questions about the trapezius fascia (and its relationship to headache syndromes) and the ligamentum nuchae.
- New hypothesis: difference between silvery and ligamentous fascia in relation to elastic recovery versus damping of kinetic energy in sports and movement.
- Fascial changes in depressed patients: preliminary findings of a recent study.

#### **Join Robert and his enthusiasm for Fascia Research!**

[click here: https://youtu.be/ddl4pDxvGII](https://youtu.be/ddl4pDxvGII) or scan the QR-Code and enjoy!



**Further Information & egristration**

[www.somaticsacademy.com](http://www.somaticsacademy.com)

Somatics Academy I Müller & Schleip GbR

Weiterbildende Schule I Georgenstrasse 22 I 80799 Munich I Germany



## SOMATICS ACADEMY

### Schedule

- **Lecture Part 1 Robert:** 09:00 - 10:30 a.m.
- Break: 10:30 - 10:45 a.m.
- **Fascia Training Divo:** 10:45 - 11:30 a.m.\*
- **Lecture part 2 Robert:** 11:30 a.m. - 1:00 p.m.

Please provide a mat, a stool or chair for the practical session.

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### ORGANISATION & REGISTRATION

Online Course Fee: Euro 85,-

Registration: We use the booking portal eversports. If you are registering for the first time for an event with the us at the Somatics Academy, then please first create a customer account: [www.eversports.com](http://www.eversports.com) click on register/login at the top right. After that you can easily manage your bookings at any time.

Please note: You will be automatically forwarded into the Zoom Meeting room 15 minutes before the live streaming starts. There will be no dial-in link sent beforehand. You'll receive all necessary information together with the booking confirmation, which will be emailed to you automatically after you finalized successfully your booking. Please check your spam folder. If you have any questions, don't hesitate to contact us: +49- (0)89-38899815 | [office@somaticsacademy.com](mailto:office@somaticsacademy.com)

### PRESENTER



#### **Dr. biol.hum. Robert Schleip, Dipl.Psych.**

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Dr. Schleip worked for more than two decades as a Rolfing and Feldenkrais teacher as well as his own manual therapy practice, before he increasingly devoted himself to basic medical research on fascial tissues. His human biology research on active fascial contractility has been awarded the prestigious Vladimir Janda Prize for Musculoskeletal Medicine. He has been the driving force behind the first international Fascia Research Congress (Harvard Medical School Conference Center, Boston, 2007) and all subsequent congresses. Currently Robert is the Research Director of the European Rolfing Association and Vice President of the Fascia Research Society. [www.somatics.com](http://www.somatics.com)



#### **Divo G. Müller | Movement Therapist, Fascial Fitness Senior Mastertrainer**

Director of the Somatics Academy Munich together with Dr. Robert Schleip

Author, publication of numerous articles, books and DVDs

Divo is a movement pioneer. First international Continuum teacher, Emilie Conrad, Susan Harper, USA Somatic Experiencing Practitioner, Dr. Peter Levine; Certified Myofascial Release Practitioner DGMR, founder of the training programs 'Bodybliss', 'Fascial Fitness' and 'Fascial Training Pelvic Floor'. Collaboration and exchange with leading experts in Fascia Research and movement science internationally. [www.somaticsacademy.com](http://www.somaticsacademy.com)

### **Further Information & registration**

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