

## **Fascial Release for Structural Balance Series: Tensegrity Spine**

The Fascial Release for Structural Balance (FRSB) is a set of intensive soft-tissue technique courses – based on the book of the same name – divided into functional regions. Combining movement and manual techniques for the most efficient and long-lasting results, and using the latest research on the interaction between skeleton, muscles, joints, and fascial proprioceptors, this series of workshops will take you to a new level in therapy.

Designed with the busy therapist in mind, each FRSB event gives you a new understanding of the relevant area. The content will outline how the structural and functional anatomy relates to many common issues as well as to the rest of the body. Based on many new and established approaches the Fascial Release for Structural Balance will give you the skills in palpation, BodyReading and functional analysis needed for the modern multidisciplinary therapist.

### **PreRequisite: *Must have attended the Anatomy Trains in Structure & Function Workshop Tensegrity Spine***

This course examines the spine as a tensegrity truss – how the bones float within the myofascial balance. Assessment and techniques for freeing and balancing the spine address:

Anterior and posterior curvatures – lordosis and kyphosis

Side bends

Rotations (and counter-rotations)

Guy-wires on both the front and the back of the spine, and

Balancing trunk spinal work into the cervical spine and sacrum

The FRSB workshops are most easily absorbed in the order outlined below but you can do them in any order as time permits.

- 1. Arches and the Legs – 3 days**
- 2. Fans of the Hip – 2 ½ days**
- 3. Abdomen, Chest and Breath – 2 ½ days**
- 4. Tensegrity Spine – 2 ½ days**
- 5. Shoulders & Arms – 2 ½ days**
- 6. Head, Neck & Jaw – 2 days**