



# AUSTRALIAN FASCIA SYMPOSIUM

## ONLINE PROGRAM

*Friday 18<sup>th</sup> - Sunday 20<sup>th</sup> Sept*

Photography by Anna Rowedder

HOSTED BY AND IN COLLABORATION WITH:



PLATINUM SPONSOR:

# BLACKROLL®

With thanks to our Sponsors

**BLACKROLL®**

**ANATOMY®  
T TRAINS** AUSTRALIA &  
NEW ZEALAND



**JH JULIE HAMMOND**  
BODYWORK & EDUCATION



**ANATOMY®  
T TRAINS**

**Cover Image:**  
Atlas of Human Fascial Topography, Hanno Steinke (ed.)  
Photography by Anna Rowedder  
Leipziger Universitätsverlag GmbH 2018  
ISBN 978-3-96023-023-6"



## A NOTE FROM JULIE

I would love to thank you all for joining us for the Very First Australian Fascia Symposium. This event has been a passion project of mine for a number of years now, but the spark that finally pushed me to run the Symposium was attending the Fifth International Fascia Congress in Berlin, 2018. I knew that the research I was listening to would affect the way that I practice and teach Manual Therapy for the benefit of my clients and students. I knew then that I wanted to organise a similar event in Australia so that other Health Practitioners could access this kind of research without the added cost of travel expenses.

Originally the Australian Fascia Symposium was intended to be an in-person event, where practitioners could collaborate and network. We have worked very hard to change our original program to an online platform where attendees can still collaborate and network. Our Australian Fascia Symposium app will allow you to interact over the 3 days of the Symposium.

I am delighted with our line up of presenters and chose them very selfishly as I admire them all.

I hope you enjoy these 3 days of lectures; I look forward to sharing your highlights and wow moments with you!

*Julie Hammond*



DAY ONE	FRIDAY 18TH SEPTEMBER
1345 - 1400	Welcome to the Australian Fascia Symposium
1400 - 1530	Prof. Scott Wearing <i>Keynote Presenter</i>
1530 - 1555	Live Q&A Session with Prof. Scott Wearing
1600 - 1730	Thomas Myers
1730 - 1745	Submit your questions for Tom to record answers to
1830 - 1945	Karin Gurtner Adductor Magnus: Pathway to the Pelvic Floor
1945 - 2010	Live Q&A Session with Karin Gurtner
DAY TWO	SATURDAY 19TH SEPTEMBER
1300 - 1415	Jill Miller Self Myofascial Release Research: What we know, what we don't know, and the missing links.
1415 - 1440	Live Q&A Session with Jill Miller
1530 - 1700	Andrzej Pilat PT Fascia and the Interoceptive Load: The relevance of fascia from its Micro to Macrostructure.
1730 - 1900	Dr. Robert Schleip <i>Keynote Presenter</i> Lastest news from the Internation Science Field with implications for Manual and Movement Therapist
1900 - 1925	Live Q&A Session with Dr. Robert Schleip
DAY THREE	SUNDAY 20TH SEPTEMBER
1200 - 1315	David Lesondak, BCSI. ATSI. FST. VMT. Fascial Release: What are we really releasing?
1315 - 1340	Live Q&A Session with David Lesondak
1345 - 1445	Alison Slater Maintaining Healthy Fascia: What we know so far!
1445 - 1510	Live Q&A Session with Alison Slater
1600 - 1730	Caterina Fede, PhD. Molecular Aspects of the Fasciae: What is fascia made of and how does it change based on hormonal, physical, and pharmacological stimuli?
1730 - 1755	Live Q&A Session with Caterina Fede
1800 - 1825	Live Q&A Session with Andrzej Pilat PT
1825 – 1840	Thank You For Attending The Very First Australian Fascia Symposium

\* Please note that all times at AEST

## PRESENTERS



### DR. ROBERT SCHLEIP

*Director of Fascia Research Group, Ulm University, Germany and Research Director of the European Roling Association*

Dr Robert Schleip is a human biologist and psychologist with his area of expertise in fascia research. In 2006 he received his doctorate in human biology from the University of Ulm, Germany. His doctoral thesis on active fascial contractility was awarded with the Vladimir Janda Prize for Musculoskeletal Medicine.

Schleip was co-initiator of the first International Fascia Congress in 2007. He has been Director of the Fascia Research Group, Division of Neurophysiology at the University of Ulm since 2008. He is also Executive Research Director of the European Roling Association, Vice President of the Ida P. Rolf Research Foundation, and Board Member of the Fascia Research Society.

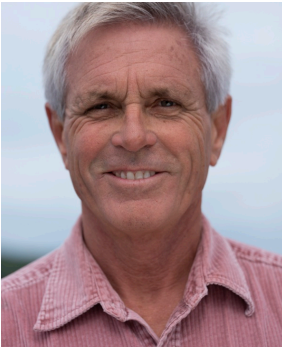


### PROF. SCOTT WEARING

*Professor of Clinical Science at Queensland University of Technology*

Scott Wearing is a Professor of Clinical Sciences at Queensland University of Technology (QUT), Australia, and a Visiting Professor at the Technical University of Munich (TUM), Germany. His research interests include the measurement of soft tissue properties and their adaptation to exercise, pathology and disease.

He has published widely in the areas of bioengineering, orthopaedics and sports medicine. Over the course of his career he has been fortunate to work as a sports scientist, clinician, bioengineer, and researcher in Australia, Germany, Switzerland, and the United Kingdom.



### THOMAS MYERS

*Author of Anatomy Trains (2020, 4th ed)*

Thomas Myers studied with Dr. Ida Rolf, Moshe Feldenkrais, and Buckminster Fuller, and with a variety of movement and manual therapy pioneers. His work is influenced by cranial, visceral, and intrinsic movement studies he made with European schools of osteopathy. An inveterate traveler, Tom has practiced integrative manual therapy for over 40 years in a variety of clinical and cultural settings. Tom is the author of Anatomy Trains (2020, 4th ed), co-author of Fascial Release for Structural Balance (North Atlantic, 2010, 2017) and has also written extensively for Journal of Bodywork and Movement Therapies (Elsevier). He has also produced over 20 online learning courses with Anatomy Trains, and others in collaboration with various body-oriented professional groups. Tom and his faculty conduct professional development courses and certification in Structural Integration worldwide.



### **CATERINA FEDE, PhD.**

Caterina Fede presents at various international conferences (such as the Fifth International Fascia Research Congress in Berlin, 2018). She is in the team of organisers of Winter School “Fascial Anatomy: cadaver dissection, biomechanics and ultrasound imaging” (by Prof. Carla Stecco).

In 2017 Fede received a research grant at the Department of Neuroscience, University of Padova, in collaboration with the Fascial Manipulation Association. Fede has also published several research papers on the aspects of cellular and molecular biology of the fascia. The main research focused on the expression of hormone receptors in fascial cells, the regulation of extracellular matrix production in vitro, the quantification of hyaluronan in the fascia, and on the characterisation of the fasciocytes.



### **ANDRZEJ PILAT PT**

*Director of the School of Myofascial Therapies Tupimek, Madrid*

Andrzej Pilat, PT is a Physiotherapist and a Specialist in Manual Therapy. He is the creator of the Myofascial Induction approach, and Director of the School of Myofascial Therapies Tupimek, Madrid – Spain.

Pilat is a Lecturer of masters degree programs and postgraduate courses, at numerous universities in Spain and other European countries, as well as in Central and South America.

Pilat is Author of the book, Myofascial Induction. Notably, Andrzej Pilat is a founding member of the Fascia Research Society. He also Speaks at numerous international conferences in Spain, Italy, Poland, Argentina, Colombia, Mexico, USA, Canada, Japan, and India.



### **DAVID LESONDAK, BCSI, ATSI, FST, VMT**

*Author, “Fascia: What it is and why it Matters.”*

David Lesondak is an Allied Health member in the Department of Family Health and Medicine at the University of Pittsburgh Medical Centre. He is a Fascia Specialist and Anatomy Trains Structural Integrator at UPMC’s Centre for Integrative Medicine. He specialises in treating people with chronic pain, scoliosis, pre- and post-surgery issues, those dealing with cancer, and restoring physical performance.

While Lesondak speaks and teaches around the world, his private practice is the heart of his work and the reason for his search for new knowledge and research. His next book, “Fascia, Function, and Medical Applications” will be published in 2020 by Taylor and Francis. Head to the Symposium App for a 20% Discount.



### **JILL MILLER C-IAYT, YA-CEP**

Jill Miller C-IAYT, YA-CEP, is the co-founder of Tune Up Fitness Worldwide and creator of the self-care fitness formats Yoga Tune Up® and The Roll Model® Method. With more than 30 years of study she is a pioneer in forging relevant links between the worlds of fitness, yoga, massage, athletics, and pain management.

Miller has the rare ability to translate complex physiological and biomechanical information into accessible, relevant moves that help her students to transform pain, dysfunction and injury into robust fitness. Based in Los Angeles, CA, she is the mother of two children and is currently writing her second book.



### **KARIN GURTNER**

Founder and educational director of art of motion Academy; developer of the Slings Myofascial Training concept, the Anatomy Trains in Motion education, and a Contemporary Pilates curriculum; creator of online learning courses and practice videos; author and international presenter.

Karin believes that knowledge should be shared generously to foster independent thinking - and that complex information needs to be delivered within a clearly defined and practical context to be embodied and ‘embrained’ alike.

Professionally, she sees herself as a resource-oriented movement activist, personally, as an ambassador for creative living. Bringing movement intelligence and her love for functional anatomy to the table.



### **ALISON SLATER BSC. (Anat.), Grad. Dip. Phty**

*Master of Manual Therapy*

Alison Slater is an experienced, internationally trained Physiotherapist with a Post-Graduate qualification as a Master of Manual Therapy. Based in a private practice in Sydney, she has taught extensively throughout the United Kingdom and Australia, continuing to educate in her role as a Blackroll Master Trainer.

A proud inception member of the Fascia Research Society, Slater is part of the Fascial Net Plastination Project, the aim of which is to create a full-body human model to demonstrate the full array of fascial structures throughout the body. Slater travels widely to continually augment her skills and knowledge of all thing’s fascia.



# Fascia training movement & recovery.



**BLACKROLL®**

## PROGRAM

### DAY ONE

FRIDAY 18TH SEPTEMBER

1345 - 1400	Julie Hammond <i>Company Director &amp; Lead Teacher</i>	<b>Welcome to the Australian Fascia Symposium</b>
1400 - 1530	Prof. Scott Wearing <i>Keynote Presenter</i>	Scott Wearing is a Professor of Clinical Sciences at Queensland University of Technology (QUT), Australia, and a Visiting Professor at the Technical University of Munich (TUM), Germany. His research interests include the measurement of soft tissue properties and their adaptation to exercise, pathology and disease.
1530 - 1555		<b>Live Question and Answer Session with Prof. Scott Wearing</b>
1600 - 1730	Thomas Myers	Thomas Myers studied with Dr. Ida Rolf, Moshe Feldenkrais, and Buckminster Fuller, and with a variety of movement and manual therapy pioneers. His work is influenced by cranial, visceral, and intrinsic movement studies he made with European schools of osteopathy. An inveterate traveler, Tom has practiced integrative manual therapy for over 40 years in a variety of clinical and cultural settings. Tom is the author of Anatomy Trains (2020, 4th ed).  He has also produced over 20 online learning courses with Anatomy Trains, and others in collaboration with various body-oriented professional groups. Tom lives and sails on the coast of Maine in the USA. Tom and his faculty conduct professional development courses and certification in Structural Integration worldwide.
1730 - 1745		<b>Submit your Questions for Tom to record answers to</b>
1830 - 1945	Karin Gurtner	<b>Adductor Magnus: Pathway to the Pelvic Floor</b>  It is significant in size, function, and influence—yet regularly overlooked or kinaesthetically faded out: the adductor magnus. Together with the obturator internus, this myofascial powerhouse provides a mechanical and sensory pathway to the pelvic floor.  In this interactive lecture, Gurtner will zoom into the Deep Front Line, where this sling of muscles and fascia is embedded. For optimal functionality in and around the pelvis and lower back, we will dynamically stabilise the sacroiliac joints from within rather than externally. As a bonus, tight or strained hamstrings are unloaded with versatile adductor magnus conditioning. For optimal viewing and participation, it is advised to have an exercise mat and 2 massage balls.
1945 - 2010		<b>Live Question and Answer Session with Karin Gurtner</b>

\* Please note that all times at AEST

DAY TWO

SATURDAY 19TH SEPTEMBER

1300 - 1415	Jill Miller <i>C-IAYT, YA-CEP</i>	<b>Self Myofascial Release Research: What we know, what we don’t know, and the missing links.</b>  Stress Transfer Mediums (massage tools) have been used for thousands of years, but a scientific lens has only recently magnified their impact on human tissue.  What are we doing to ourselves with self-directed tool assisted fascial palpation? The research is scant, often contradictory and occasionally promising. This talk is part lecture/part experiential and asks you to embody the laboratory of your own body.
1415 - 1440	<b>Live Question and Answer Session with Jill Miller</b>	
1530 - 1700	Andrzej Pilat PT	<b>Fascia and the interoceptive load. The relevancy of the fascia from its macro to microstructure.</b>  To delve into the world of fascia, Pilat will discuss; connective tissue, fascial continuity, extracellular matrix, central sensitization, chronic pain, and interoception.  Interoception is the homeostatic image of the physical condition of the body tissues. Muscles contraction, temperature, nociception, hunger, thirst, mechanical stress, light touch, immune and endocrine change, use these fibers to communicate their activity. Interoceptive awareness provides a measure of sympathetic and parasympathetic activity, as well as, a potential marker for deficits in self-regulation and can modulate the exteroceptive representation of the body.  Changes in the fascial system and its innervation could modify the cortical and interoceptive representation of our patients, causing imbalances. In such a way facilitating interoceptive allostatic loading, central sensitization and chronic pain. Head to the Symposium App for the in depth look at Pilat’s incredible Presentation.
<b>Live Question and Answer Session with Andrzej Pilat - Day 3</b>		
1730 - 1900	Dr. Robert Schleip <i>Keynote Presenter</i>	<b>Latest news from the international science field with implications for manual and movement therapist.</b>  The field of international fascia research is currently one of the most dynamic and most inter-disciplinary fields within musculoskeletal medicine. This includes the recent discovery of highly sensitive mechano-receptors on fascial fibroblasts, new insights about healing dynamics, affordable imaging and measurement devices, an improved understanding of the function of recently discovered telocytes (along with fibrocytes and so-called, conduits’ in the matrix), as well as an unravelling of the slow-working but powerful interactions between the sympathetic nervous system and fascial stiffness regulation.  Dr. Schleip loves to serve as a bridge for selecting and translating the most relevant scientific news into concrete clinical applications. This will apply to manual therapy as well as for integrative movement approaches.
1900 - 1925	<b>Live Question and Answer Session with Dr. Robert Schleip</b>	

DAY THREE

SUNDAY 20TH SEPTEMBER

1200 - 1315	David Lesondak <i>BCSI, ATSI, FST, VMT</i>	<b>Fascial Release: What are we really releasing?</b>  “You can’t change fascia”. We hear, see, and read this a lot and while there are good arguments to be made for the primacy of the nervous system, or the BPS Model, and so on, it’s important that we understand the underlying mechanisms behind fascial change.  <ul style="list-style-type: none"><li>* What are we releasing?</li><li>* Are we actually remodeling the fascial network? Or just giving it a series of nudges in the right direction?</li><li>* What are we nudging?</li><li>* Is it palpatory pareidolia?</li><li>* If fascia takes so long to change pathology, then why do we get such quick results?</li><li>* What do we mean when we talk about these things?</li><li>* How should we talk about these things?</li></ul> Fasten your seat belt, you won’t want to miss a second of this lecture.
1315 - 1340	<b>Live Question and Answer Session with David Lesondak</b>	
1345 - 1445	Alison Slater <i>BSC. (Anat.), Grad. Dip. Pty</i>	<b>Maintaining Healthy Fascia: What we know so far!</b>  We are learning more all the time about the intricacies of fascia, but as clinicians, how much can we hope to influence fascial tissue?  While we are beginning to understand the ubiquity of this remarkable tissue, what are we hoping to achieve when we get our hands-on patients?  And how can we guide the maintenance of healthy fascia?  Slater will explore the current literature on all things fascia to discover the answers, some of which may surprise you...
1445 - 1510	<b>Live Question and Answer Session with Alison Slater</b>	
1600 - 1730	Caterina Fede <i>PhD</i>	<b>Molecular aspects of the fasciae: what is fascia made of and how does it change based on hormonal, physical and pharmacological stimuli?</b>  The fascia is a complex structure which includes a fibrous component, a loose connective component rich in hyaluronan, and a specific cellular component: all these structures play specific roles and can respond to various kinds of stimuli.  All the factors influencing cells or extracellular matrix behaviour may influence the composition and the properties of the entire fascial tissue.  Only a clear understanding of the microanatomy of the fasciae will permit to understand what alterations may give rise to pain, making it possible to provide a healthy lifestyle, physical exercise, and more rational treatments.
1730 - 1755	<b>Live Question and Answer Session with Caterina Fede</b>	
1800 - 1825	<b>Live Question and Answer Session with Andrzej Pilat</b>	
1825 - 1840	<b>Thank You For Attending The Very First Australian Fascia Symposium</b>	



What do the Superficial Lines, Deep Front Line, Lateral Lines and Spiral Lines have in common?

*They All Begin At Your Feet!*



**thefootclinic**  
[www.thefootclinic.net](http://www.thefootclinic.net)

As a team we strongly believe in collaboration and referrals between health professionals for the benefit of the client.

**We Create Strong Mobile Well-Balanced  
Postural Foundations!**

If You Need Help Getting Your Clients Back on Their Feet Contact:

**Suresh@thefootclinic.net**



Map  
the  
Pattern

Shape  
the  
Change

**ATSI Certification Program**

Modular or Intensive formats. Locations in USA, UK, Europe and Australia

**Fascial Dissection**

5 day and 2 day formats – full body and specialty classes and livestream

**Webinar and Online Learning Credits**

Anatomy, Assessment, Application

**Summer Schools**

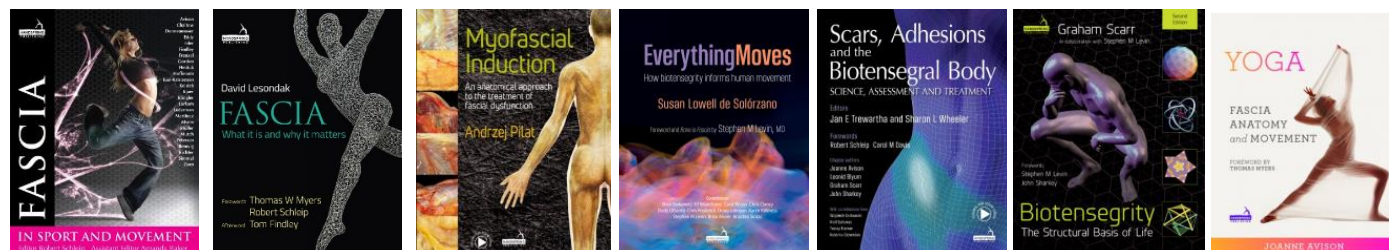
Advanced Training and Supporting Approaches – Maine USA and Australia

**FREE How Fascia Moves Webinar**

when you sign up for our newsletter

For further information

Email: [info@anatomytrains.com](mailto:info@anatomytrains.com), Tel: +1 (207) 563-7127 or 888 546-3747  
or live chat with us on: [www.anatomytrains.com](http://www.anatomytrains.com)



Quote AFS20 at checkout at [www.handspringpublishing.com](http://www.handspringpublishing.com) for 20% off your order!



#fasciabooks



#fasciamatters



## ABOUT THE AFS TEAM



### *JULIE HAMMOND*

#### COMPANY DIRECTOR & LEAD TEACHER

Julie Hammond lives in Western Australia with her husband and 3 children. She is not only Director of The Australian Fascia Symposium, but Director and lead teacher of Anatomy Trains Australia and NZ.

Julie has been a bodyworker for the last 20 years and is a certified Anatomy Trains Structural Integration practitioner and Lead Teacher, certified to teach the entire Anatomy Trains Structural Integration programme.

Julie has travelled extensively in the last few years, teaching in Australia, New Zealand, Taiwan, and Hong Kong. She has a passion for anatomy and has participated in many dissections to increase her knowledge of the human body. She is currently looking at the connection between pelvic floor health and arch support, or lack of, and how she can help women improve the function of the pelvis from the ground up.

Julie's main focus is sharing knowledge and collaboration between health professionals.



### *MELANIE BURNS*

#### COO, ANATOMY TRAINS

Melanie Burns is the COO of Anatomy Trains and Director of Anatomy Trains Europe and UK, with a 20 year career in international business, working with Digital Equipment Corporation, IBM, Microsoft and Cisco.

She has a Bachelor's degree in Psychology from Clark University, is a Licensed Massage Therapist, and a graduate of Tom Myers' highly acclaimed Anatomy Trains Structural Integration program. She has assisted Tom Myers internationally in manual therapy courses, trauma courses, and in several week long cadaver dissection programmes.

Melanie also owns and operates a 500 Hour Yoga School in Maine, teaches courses on the Polyvagal Theory, and is on the faculty of the Liberation Institute, providing yoga teacher training certification programs within the Maine State Prison.

Combining her background in psychology, bodywork, and yoga, her passion is working with the survivors of trauma, as they heroically search for safety.



### *AMY HAMMOND*

#### EVENTS MANAGER

Before joining the Australian Fascia Symposium team, Amy worked as a Production Coordinator within the Film and Television industry.

She is used to working and collaborating with teams to ensure a smooth and successful outcome.

Amy will be the point of contact for our delegates and presenters to oversee their experience from initial contact, to the enjoyment of the Symposium.

If you have any questions in connection with the Symposium, Amy can be contacted at: [info@fasciasymposium.com.au](mailto:info@fasciasymposium.com.au)



### *PHILLIPPA POINTON*

#### EVENTS MANAGER

Prior to Australian Fascia Symposium, Phillippa had worked for Bodywork Education Australia Pty Ltd and Anatomy Trains Australia & New Zealand for the past five years, developing a passion for anatomy during her time.

Phillippa works closely with Director, Julie Hammond, and has extensive knowledge and experience in advertising, marketing and event planning/management.



# Terra Rosa

terrарosa.com.au

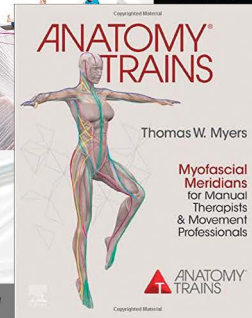
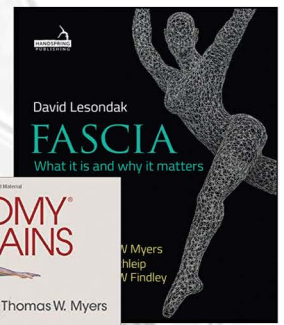
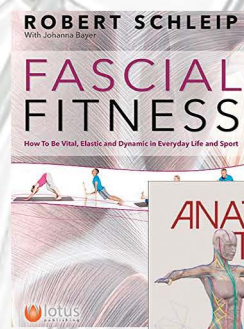
We have the largest & most complete collection of Fascia Learning materials for Bodyworkers and Movement Therapists

Over 100 book titles

Online Continuing Education & Live Seminar

Hands-On Workshops

terrарosa.com.au for more information, E: info@terrарosa.com.au



osteopathy  
AUSTRALIA

## Celebrating 65 Years in 2020

Osteopathy Australia is the national peak body for osteopaths, and strives to enhance and promote the profession for practitioners, consumers and other allied health professionals.

osteopathy.org.au

## Pilates Alliance

— Australasia —

### Leading Australian Pilates industry body & Professional Association for Pilates teachers

- setting industry standards
- supporting Pilates teachers
- setting and promoting education standards
- promoting the Pilates Method



Symposium = 10 PDPs



www.pilates.org.au

info@pilates.org.au

## MYO SPORTS CLINIC



### Find

Detail examination to find your root cause  
Look-Feel-Move



### Fix

Manual therapy and movement training approach to help you move away from pain



### Function

Functional rehabilitation ensures your mind and body ready to resume sports and work

MYO  
SportsClinic

Move better Live better

myosportsclinic.com  
info@myo.com.hk

facebook/IG @myosportsclinic