

Course Information Sheet

Course Title: Myofascial Training

Course Description: Perform your best and feel your best by keeping your body flexible, strong, and mobile. *Myofascial Training: Intelligent Movement for Mobility, Performance, and Recovery* will show you how to reset your network of fascia, the connective tissues that support and protect the muscles and bones that facilitate every move you make. The result? A toned, balanced, relaxed, and coordinated body.

Following five fundamental strategies—feel, mobilize, stretch, move, and release—you will learn specific exercises for the fascia throughout your body. The movements are simple, and most require only your own bodyweight. Expert instruction will lead you through sequences to improve function, enhance performance, recover from injury, and release tension. More than 600 color photos show the correct starting position and technique for each movement to ensure optimal results.

In addition, you'll find dedicated sequences and programs for specific situations and conditions. Constantly working at a computer? Focus on relief for the shoulders and neck or for carpal tunnel syndrome. Standing all day? Try a program for healthy feet. Looking to improve a personal best? Employ techniques to help improve running form.

Whether you want to improve your functional daily living or enhance athletic performance, the benefits of mobilizing the fascia network are significant. With *Myofascial Training*, you will learn to truly listen to and feel how your body moves as a functional unit and how to incorporate the right training exercises to feel your absolute best.

320 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

1. Explain the fascial training system
2. Define and differentiate between fascia and connective tissue
3. Compare and contrast the relationship between the nervous system and fascia release
4. Explain the various myofascial lines in the body
5. Identify the five strategies of the FReE Method
6. Demonstrate appropriate teaching techniques
7. Explain the correct language to use when teaching the FReE Method
8. Explain the FEEL IT Strategy of perceptions and activation
9. Define the Joint-by-Joint theory of functional mobility
10. Explain the various techniques used to stretch the myofascial lines.

Target Audience: Physical Therapists, Athletic Trainers, Strength & Conditioning Professionals.

Schedule and Format: Self-paced home study

Registration Fees: See our website for details: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us within the three day window and then return the book to use in saleable condition. That's it. No questions asked.

Instructor/Author Credentials

Ester Albini is the owner of Ester Albini Pilates Academy and cofounder of the Functional Training School (FTS). She is a personal trainer and fitness instructor and has a diploma in fitness from the Swiss Confederation. Her professional training includes an impressive list of credentials, such as Anatomy Trains Levels I and II, IKFF Certified Kettlebell Trainer Level I, TRX Level II, Reebok Master Trainer, Polestar, Balanced Body, Gyrotonic Teacher Level 1, and Posturologa Mézières and Bricot. She has been a lecturer for several international schools, including FTS, the Italian Fitness Federation (FIF), Reebok, and the Swiss Academy of Fitness and Sports (SAFS). Albini is the creator of the Woodpole method, Body Ball Relaxing, and Fascial Real Emotion (FReE). She is also the author of several books and DVDs.

Contact Hours/CEUs/CECs: See our website for details:

www.exerciseetc.com

Sponsors: N/A