



Myofascial release therapy

## 1<sup>st</sup> Day

Time Schedule	Class program
8:30 – 10	<ul style="list-style-type: none"><li>• Anatomy of fascia and related structures</li></ul>
10 – 10:30	<ul style="list-style-type: none"><li>• Anatomy of fascia and related structures</li></ul>
10:30 – 11	Coffee break
11 – 12:30	<ul style="list-style-type: none"><li>• Whole-body interrelationships</li></ul>
12:30 – 13:30	Lunch time
13:30 – 14:30	<ul style="list-style-type: none"><li>• Upper and lower extremity problems</li></ul>
14:30 – 16:30	<ul style="list-style-type: none"><li>• Upper and lower extremity problems</li></ul>
16:30 – 17	Answer to student questions

## 2<sup>nd</sup> Day

Time Schedule	Class program
8:30 - 10	<ul style="list-style-type: none"><li>• Myofascial release techniques</li></ul>
10 - 11	<ul style="list-style-type: none"><li>• Myofascial release techniques</li></ul>
11 – 11:30	Coffee break
11:30 – 12:30	<ul style="list-style-type: none"><li>• <u>Cranial/sacral therapy</u> and techniques</li></ul>
12:30 – 13:30	Lunch time
13:30 – 15:30	<ul style="list-style-type: none"><li>• Treatment demonstration and hands-on practice</li></ul>
15:30 – 16:30	<ul style="list-style-type: none"><li>• Treatment demonstration and hands-on practice</li></ul>
16:30 - 17	Theoretical and Practical Exam (for certification)