

Fascia and Yoga

Tutor:	Fiona Slupinski Webster
Type of Day	Ongoing Training Day
Topic/Title	What exactly is fascia and why do we need to know about it in yoga?
Date	Saturday 8th October 2022
Start Time & End Time	10am-4pm
Location	Perth Yoga Studio, Perth
CPD Points	8

About this session:

What exactly is fascia and why do we need to know about it in yoga?

- A comprehensive explanation on what fascia is and what it isn't, how the latest research is profoundly important to yoga practice.
- How latest research in science relates to ancient knowledge of saints and sages thousands of years ago
- How fascia is the structural basis of life, from the micro to the macro and how embryology and biotensegrity inform a more integrated approach to movement
- Relationship of fascia knowledge with our physical, mental, emotional and spiritual bodies
- Sensing our fascia experientially and practically in asana, pranayama and meditation
- Take this knowledge and experience to a more holistic level of understanding how we move in our yoga practice on all levels as well as in our daily lives

About Fiona Slupinski Webster:



FIONA SLUPINSKI WEBSTER
PgCert Applied Anatomy (MSK) MSST Dip ST
Sports Therapist and Yoga Teacher



With over 25 years in manual and movement therapy as a Sports Therapist, MSST and a yoga teacher for 10 years, I'm very passionate about sharing the relevance of fascia in connection with manual and movement therapy and a life-time passion of all manner of learning, gaining a post-graduate certificate in Applied Anatomy at University of Aberdeen in 2020. I've been studying fascia for the last 10 years and recently completed a review paper on fascia in relation to back pain.

I love to apply these principles with each individual in the yoga studio and clinic that sometimes include chronic, complex conditions. As an anatomy and physiology tutor I've been able to share wonderful ideas over the years with people who learn more about their own bodies, with its remarkable healing potential.

Please contact for any further details on fiona@tesportstherapy.co.uk (www.tesportstherapy.co.uk) or info@fionaslupinski.co.uk (www.fionaslupinski.co.uk)