

# FitCamps28 Fascia Friday Timetable Ribby Hall 9th - 11th November 2018

**Fascia Friday is a unique opportunity for Pilates, Yoga and PTs to experience the world of fascia bodywork through a series of taster sessions.**

From lectures to exercise sessions and mindful techniques that all affect fascia health, hosted by Lydia Campbell owner of FitCamps. As an integrated Myofascia, Sports and functional Pilates therapist of many years, Lydia has promoted fascia body work in the fitness industry for over 16 years.

**Creator of Trigger Point Pilates, the first ever fascia bodywork system for the studio and PTs, evolved from her own personal rehab journey.**  
**"Fascia bodywork is not a matter of simply rolling fast on a foam roller or going hard and deep! The fitness industry actually has it wrong!" says Lydia.**

**Come and discover why on the first ever Fascia Friday! — from Experts who combined have over 70 years of hands-on fascia bodywork and clinic experience.**

**Do not miss this great opportunity – book early – at £49 (full price £65) for a day pass to these sessions**

**To guarantee your place book on:**

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07efhl863h22079804&oseq=&c=&ch=>

**Friday Nov 9th – Preconvention with Eric Franklin**

This is a training workshop 9.30am - 12.30pm. It costs £99 to book on through the link below:

<http://events.constantcontact.com/register/event?lr=u7rjpkasab&oeidk=a07eflzm0vn1f1ca411>

**Friday**

**Sports Hall**

**Studio 4**

**Harrison's Bar**

	Sports Hall	Studio 4	Harrison's Bar
	We have limited mats, feel free to bring your own mat.	Eric Franklin Pre-convention workshop (extra cost) 9.30am to 12.30pm. Fascia Targeted Franklin Method™ Exercises for Releasing Tension and Enhancing Flexibility in Lumbar Spine and Pelvis	
10.00 - 10.50		Eric Franklin Pre-convention workshop (extra cost) 9.30am to 12.30pm. Fascia Targeted Franklin Method™ Exercises for Releasing Tension and Enhancing Flexibility in Lumbar Spine and Pelvis	What is Fascia, Elasticity and Movement – Gary Carter introduces you to this amazing world of Fascia, how it changes how it responds with movement.
11.00 - 11.50	<b>BodyRestore – a Fascia fit TPP Matwork session</b> Unwind, ease that body as Trigger Point Pilates brings you a great fascia workout from balls to vibrations for a fantastic bodywork with the creator <b>Lydia Campbell</b> .	Eric Franklin Pre-convention workshop (extra cost) 9.30am to 12.30pm. Fascia Targeted Franklin Method™ Exercises for Releasing Tension and Enhancing Flexibility in Lumbar Spine and Pelvis	<b>Brain Move Reset time!</b> – Fascia is affected by thoughts and emotions. Discover how to enhance the flexibility to changing movement patterns, with the author and <b>Movement Man Stephen Braybrook</b> .
12.00 - 12.50		Eric Franklin Pre-convention workshop (extra cost) 9.30am ends at 12.30pm	<b>Time to throw the Anatomy book out the window – Gary Carter</b> will completely change your mind about muscles! Do fascia lines exist?
13.00 - 13.50		<b>How Old is Your Spine?</b> <b>Nisha Srivastava</b> of <b>Yoga Anatomy</b> takes you on a fascia journey of the spine and how posture is affected by fascia conditioning.	<b>Fascia and Pain – Lydia Campbell</b> of <b>Trigger Point Pilates</b> gives you the low-down on chronic pain and how myofascia work can help the nervous system and the body heal. Yet how movement can also cause damage .
14.00 - 14.50	<b>Sava Flow Pilates</b> – Join in a mat work flowing Pilates class full of dance, lines of stretch. The fascia loves dynamic movement that opens up the body and strengthens the core. <b>Sava Assenov</b>	<b>Happy Feet – The Franklin Method</b> Discover how to change your posture with <b>Mind-Body guru Eric Franklin</b> , who takes you on a 'Happy Feet' session using the Franklin balls, to create a dynamic training base for effortless posture!	<b>The Truth About the Core!</b> Can it work if you have inflammation – <b>Nisha Srivastava of Yoga Anatomy</b> takes you on a fascia core journey – it is time to think about the gut.
15.00 - 15.50		<b>Chakranetics™</b> A fantastic mind body movement session with author and confidence coach <b>Astrid Longhurst</b> . A powerful blend of energy medicine, positive psychology and conscious movement.	<b>Mindful Movement for Yoga and Pilates</b> – with the <b>Movement Man Stephen Braybrook</b> .
16.00 - 16.50		<b>Fascia Rolling the Franklin Method</b> – Using the Fascia roller, step away from the hard intense foam rolling and experience a session with <b>Eric</b> using his Fascia roll. (Equipment for sale on the day.)	
17.00 - 17.50		<b>Trigger Point Pilates Glide and Flow</b> – A session that will leave you feeling lengthened and relaxed. TPP body work focusing on unwinding tight tired muscles and massaging the fascia with <b>Lydia Campbell</b>	