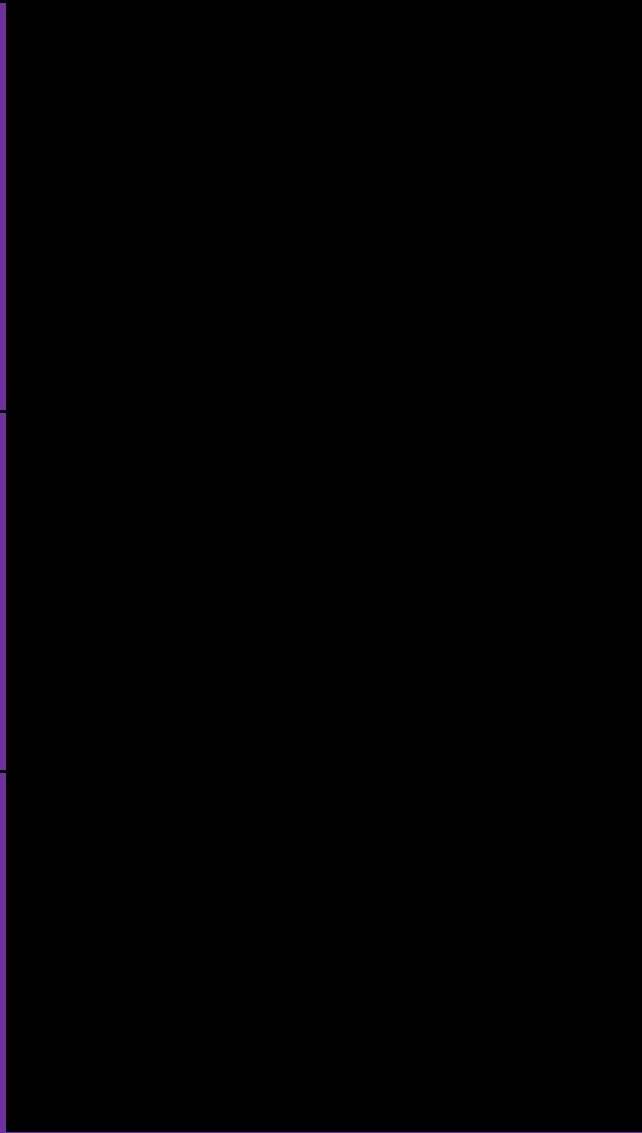
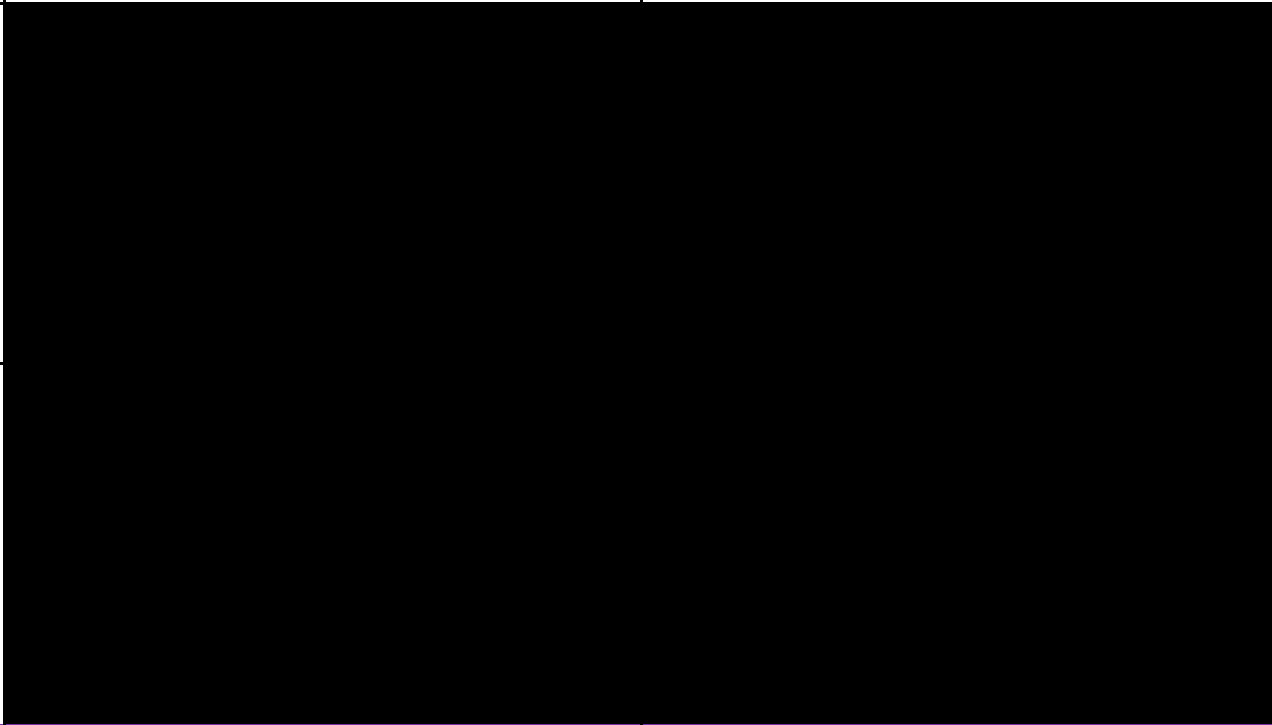


FASCIA FRIDAY at FitCamps29 Ribby Hall 8th November 2019

Please note Registration is at 9.00 am in the Harrison Bar

FRIDAY	Sports Hall	Studio 4	Squash Court 1 By Reception	Harrison's Bar
9am onwards		Gary Carter of NATURAL BODIES MOVEMENT TRAINING. Pre convention workshop (extra cost) 9.30am ends at 12.30pm. FASCIA & THE TENSIONAL NETWORK IN MOTION to book on link	MK PILATES REFORMER STUDIO CLASSES SIGN UP TO RESERVE YOUR PLACE DIRECT WITH MK PILATES STAND	Fascia Friday Welcome from Lydia Campbell at 10 am
10.30 - 11.20		Gary Carter of NATURAL BODIES MOVEMENT training. Pre convention workshop (extra cost £99) 9.30am ends at 12.30pm. FASCIA & THE TENSIONAL NETWORK IN MOTION	MK Pilates Studio Class - Experience a Pilates studio class on equipment from Reformers to the Barrell with Michael King / MK Pilates team (Fascia Friday pass)	Balancing the Diaphragms with Fiona Palmer an Anatomy Trains Certified Teacher. This is an introduction to this training where you discover the relationship between your feet, pelvis, spine and head...a great session if you are interested in women's health. (Fascia Friday pass)
11.30 - 12.20	Trigger Point Pilates the Fascia equipment Workout - Lydia Campbell will unwind and ease your body out in this TPP session with balls to rollers.	Gary Carter of NATURAL BODIES MOVEMENT training. Pre convention workshop (extra cost £99) 9.30am ends at 12.30pm. FASCIA & THE TENSIONAL NETWORK IN MOTION	MK Pilates Studio Class - Experience a Pilates studio class on equipment from Reformers to the Barrell with Michael King / MK Pilates team (Fascia Friday pass)	Introduction to Anatomy Trains with Fiona Palmer an Anatomy Trains Certified Teacher. This is an introduction to this training where you discover Myers work on fascia and the body. (Fascia Friday pass)
12.30 - 13.20	MK Pilates fascia in movement - Michael King is back a with a fabulous mat work session, no equipment just a flowing fascia movement bringing in Spirals and more .	SOMA MOVE - First time in the UK from Sweden a movement experince combining various movement disciplines from yoga, pilates, martial arts to dance. Uniting the mind and body with Linus Johansson (Fascia Friday pass)		TPP For Autoimmune conditions and chronic pain - Ronnaug Smith Discover techniques to promote pain relief, increased lymph flow and flexibility. Vital for clients who are coming to class with conditions such as Lymphoedema to lipoedema from post operative, to cancer treatments.

<p>13.30 - 14.20</p>		<p>(Fascia Friday pass) Fascia in Yoga - Gary Carter Discover the connection of motion and the breath in a fascia in Motion Yoga class.</p>	<p>MK Pilates Studio Class - Experience a Pilates studio class on equipment from Reformers to the Barrell with Michael King / MK Pilates team</p>	<p>Fascia, Pain and Equipment with Lydia Campbell of Trigger Point Pilates. The first to use balls in Pilates rehab mat work (2002) It is not about the deeper or harder the better! She will dispel claims on breaking up fascia with gadgets. Experience the toys and fascia gun! How to help the post rehab client in your class or clinic. (Fascia Friday pass)</p>	
<p>14.30 - 15.20</p>		<p>Time to throw the Anatomy book out the window - Gary Carter will completely change your mind about muscles! A Fascia Friday session tickets only</p>			
<p>15.30 - 16.20</p>		<p>Trigger Point Pilates Shhhh! Forget those ads open the door to the pelvic floor . Discover a class programme created by Lydia Campbell for women's health. A fascia body work session. (Please note as this is an intimate subject this session is for women only) .</p>	