



Fisticamente Formazione Srls

is pleased to confirm

FASCIA RETREAT 2018

Fascia and Motion

Chianciano Terme (SI) – 12 - 15 July 2018

with

**Serge Gracovetsky, Andry Vleeming, Antonio Stecco, Christian Larsen,
Divo Müller, Anna Maria Vitali, Tiina Arrankoski and Armin Harrasser**

FIRST PROMOTION DEADLINE: 15 DECEMBER 2017

(check out the next promotions!)

INTRODUCTION

Take a break and reload through a unique experience: the Retreat!

4 days in Tuscany, in Chianciano Terme, to share and analyze new ideas with the experts of the schools of **Fascial Manipulation®**, **Fascial Fitness®** and **Spiraldynamik®** such as: Serge Gracovetsky, Andry Vleeming, Antonio Stecco, Christian Larsen, Divo Müller, Anna Maria Vitali, Tiina Arrankoski and Armin Harrasser, in a genuine relaxing environment.

It is time for the community of motion professionals, such as Pilates and Yoga instructors, Personal Trainers, Athletic Trainers, Physical Therapists and all the other physical teachers to meet and work together for the growth of their profession.

TOPICS

This retreat is not to be missed!

This year it will be our honor to host Serge Gracovetsky and Andry Vleeming, emeritus professors and major experts of the biomechanics of the spine movement and pelvic girdle, and in particular the mobility and stability of the lumbar and pelvic area.

Serge Gracovetsky is a great communicator and expert in vertebral biomechanics movement. His book "The Spine Engine" is a milestone for all scholars of movement, for his innovative vision of the spinal column in the biomechanics of gait, placing it for the first time at the center of the locomotion action, compared to the function of the lower limb.

Dr. Andry Vleeming is the founder of the Spine and Joint Rehabilitation Centre in Rotterdam, in 1995, for the treatment of patients with chronic spinal algae. His research in the anatomical and biomechanical field of the lumbar-pelvic region has now been accepted globally and incorporated in rehab programs for patients with lumbar-pelvic dysfunctions. He is also president of the Interdisciplinary World Congress on Low Back and Pelvic Pain, and promoter of the human body's Integrated Model of Function, which promotes the functional interaction of form closure, force closure, motion control and emotional component in restoring a proper function.

In this edition Luigi Stecco's concept of **Fascial Manipulation** is presented along with the themes of Divo Müller's **Fascial Fitness** school and Christian Larsen's **Spiraldynamik**, aimed at understanding the fascial system closely related to the movement.

This Retreat's objective is to analyze how it is actually possible to train the fascial system and integrate these principles of movement with Pilates, Yoga, dynamic sport activities, but also Nordic Walking!

As a Medicine and Surgery graduate I had the opportunity to attend Stecco's school courses and became a FASCIAL MANIPULATION therapist; it has been a great opportunity for me to study and understand the function of fascia in human movement.

It is therefore a great honor for me to count on their didactic capacity and clinical experience.

Fisicamente's Retreat is at its ninth edition. It's the only monothematic and specific conference that allows a real upgrade for Yoga and Pilates instructors, movement experts, osteopaths and physiotherapists.

The growing success we experienced has made it an unmissable appointment to meet internationally renowned teachers, professionals and colleagues, and to spend together four days of study and practical insights into innovative themes in a completely relaxing setting. This year's topic is again intriguing and sophisticated.

Anna Maria Vitali
Founder of Fisicamente Formazione srls

What do we mean with "retreat"?

Retreat evokes monastic scenarios, places of reflections and work, surrounded by peace and serenity.

After a year of intense work in our studios, without the chance to meet and speak to our colleagues, many Pilates instructors are not only exhausted, but devoid of new ideas, and sometimes full of unresolved doubts.

This is the time to take a break to recover physical energy and clarify still obscure topics, learning new methods and share our opinions with colleagues and teachers in a serene atmosphere. A holiday prelude to let us take breath, feeling part of a community in constant evolution and in continuous dialogue, and take home important results.

PRESENTERS (click on names to see their CV)

[Serge Gracovetsky](#)

How Humans move: Function of the lumbar and cervical spines

How Humans move: Human gait with particular emphasis on the relationship between the pelvis and lumbar spine

[Andry Vleeming](#)

Pelvic Girdle – Stability / Instability and functional movement – Role of the myofascial system

Toraco-lumbar fascia and its role in trunk mobility and stability

[Antonio Stecco](#)

Fasciae of the back

Physiology of the visceral fascia and clinical implication

Role of retinacula in motion and proprioception

[Christian Larsen](#)

Spiraldynamik® – Intelligent movement. The blueprint of human locomotion

Spiraldynamik® – Practical applications for movement teachers (focusing on the human foot and spine)

Spiraldynamik® - Clinical applications for medical professionals (focusing on the human foot and spine)

[Divo Müller](#)

Fascial perspectives on the pelvic floor: healthy tonicity and elastic strength

Fascial perspectives on the pelvic floor: Fluid dynamics and sensory refinement

[Anna Maria Vitali](#)

Pull, Push, Stretch, Squeeze and Relax: The role of mechanical stimulation in movement

Fascia in Motion

Fascia in Action

[Tiina Arrankoski](#)

The Other End of the Spiral – How optimal arm swing feeds fascial recoil in gait

[Armin Harrasser](#)

Spiraldynamik® – Relationship between force absorption quality of the foot, leg axis and spine loading during walking and running. Practical implications.

FEES

4 DAYS FULL TIME CONFERENCE

PLEASE PAY ATTENTION to the deposit and balance dates: do not confuse them!

SUPER DECEMBER PROMOTION for 4 days:

PROMOTION DEADLINE 15 December 2017

€ 480,00

Payment method:

Bank transfer to be made before 15 December 2017

(Book now this promotion through our online form! [Click here!](#))

SUPER DECEMBER PROMOTION for 4 days:

PROMOTION DEADLINE 15 December 2017

€ 430,00

Payment method:

Bank transfer to be made before 15 December 2017

(Book now this promotion through our online form! [Click here!](#))

SIMPLE FEBRUARY PROMOTION for 4 days:

PROMOTION DEADLINE 5 March 2018 (if there's still room!)

€ 520,00

Payment method:

Bank transfer to be made before 5 March 2018

(Book now this promotion through our online form! [Click here!](#))

SIMPLE FEBRUARY PROMOTION for 3 days:

PROMOTION DEADLINE 5 March 2018 (if there's still room!)

€ 450,00

Payment method:

Bank transfer to be made before 5 March 2018

(Book now this promotion through our online form! [Click here!](#))

MAY PROMOTION for 4 days:

PROMOTION DEADLINE 5 May 2018 (if there's still room!)

€ 550,00

Payment method:

Bank transfer to be made before 5 May 2018

(Book now this promotion through our online form! [Click here!](#))

MAY PROMOTION for 3 days:

PROMOTION DEADLINE 5 May 2018 (if there's still room!)

€ 480,00

Payment method:

Bank transfer to be made before 5 May 2018

(Book now this promotion through our online form! [Click here!](#))

TIMETABLE

1st Day – Thursday, 12 July

CHECK-IN 8:00 – 9:00

MORNING: Ore 9:15 – 13:30 LECTURES

LUNCH BREAK 13:30 -14:30

AFTERNOON 14:30 – 18:00 PRACTICAL SESSIONS

2nd Day – Friday, 13 July

8:10 – 9:15 Class Workouts (group lessons)

MORNING: Ore 9:20 – 13:30 LECTURES

LUNCH BREAK 13:30 -14:30

AFTERNOON 14:30 – 18:00 PRACTICAL SESSIONS

3rd Day – Saturday, 14 July

8:20 – 9:15 Class Workouts (group lessons)

MORNING: Ore 9:30 – 13:15 LECTURES

LUNCH BREAK 13:15 -14:30

AFTERNOON 14:30 – 18:00 PRACTICAL SESSIONS

4th Day – Sunday, 15 July

8:10 – 9:15 Class Workouts (group lessons)

MORNING: Ore 9:30 – 13:30 LECTURES AND CONCLUSIONS

AT THE END OF THE RETREAT YOU'LL BE GIVEN A PARTECIPATION CERTIFICATE

[CLICK HERE FOR THE DETAILED PROGRAM](#)

WHERE

Grand Hotel Excelsior

Address: Via S. Agnese, 6, 53042 Chianciano Terme (SI)

Email: direzione@grandhotelexcelsior.it

SWIMMING POOL AVAILABLE!

To book the hotel go to [ACCOMODATION](#)

WHO SHOULD ENROLL

Our Retreat is recommended to all physical activities professionals (athletic trainers, Yoga and Pilates instructors, dancers, etc.), physiotherapists and osteopaths, students of motor science, and all the people interested in studying the role of Fascia in the movement.

HOW TO ENROLL

1. Enroll on line, through [this form](#): please fill all the mandatory forms and choose the practical lessons for the afternoons;
2. You'll receive a detailed summary the bank transfer details by email;
3. Do the deposit's bank transfer deposit (check your email for the amount);
4. Send an email with a copy of the bank transfer's receipt to info@fisicamentepilates.it;

The enrollment is considered valid upon receipt. Please check the valid sending of the subscription form and bank transfer receipt mail. If you won't do the bank transfer before the promotion deadline, you'll automatically switch to the next available promotion.

IN CASE OF CANCELLATION. Cancellation must be communicated by email to formazione@fisicamentepilates.it. If the cancellation is made before 5th May the attendant may recover part of the Deposit minus € 30 and can use this quota to enroll in any other course or workshop organized by Fisicamente within 1 year from the bank transfer date. If the cancellation is made after 5th May, the Deposit is lost and cannot be used by another attendant.

If the attendant is late or has to depart earlier, he/she has no right for any refund.

Timetables may be subject to change and will be promptly notified. Retreat's fee does not include travel expenses, room and board. Fisicamente Formazione srls does not deal with bookings.

The hotel's reservations must be made directly by the attendants (see [ACCOMODATION](#))

HOW TO REACH US

Grand Hotel Excelsior

Via S. Agnese, 6, 53042 Chianciano Terme SI

BY CAR:

From north: take the A1 motorway towards Naples (Napoli), exit at Chiusi-Chianciano Terme and then follow the signs to the city center.

From south: take the A1 motorway towards Milan (Milano), exit at Chiusi-Chianciano Terme and then follow the signs to the city center.

BY TRAIN:

From north: Milano-Chianciano terme is a 5 hour trip, with change in Bologna Centrale or Firenze Santa Maria Novella.

From south: Rome-Chianciano Terme takes about 75 minutes.

All trains arrive to the Chiusi-Chianciano Terme station.

From the train station there's an extra urban bus to Chianciano Terme every 30-40 minutes, it stops in Piazza Italia, about 150 mt. from the hotel. Alternatively, there's a Taxi Point outside the train station.

From the Bologna airport to Chianciano Terme: Take the Aerobus shuttle linking the airport to Bologna Centrale train station. A direct connection is available every 11 minutes. Easy ride to / from Airport 6,00 €. Tickets can be purchased directly on the site. From Bologna Centrale train take the train towards Florence and get off at Chiusi-Chianciano Terme. For train timetables please refer to the Trenitalia website. From Chiusi-Chianciano Terme railway station every 30-40 minutes take an extra-urban bus in the direction of Chianciano Terme, which stops at Piazza Italia, at 150 mt. about the Hotel. Alternatively, there is a Taxi Point outside the station.

From north: Chianciano Terme can be reached by train from Milan in about 5 hours, with intermediate stop in Bologna Centrale or Florence Santa Maria Novella.

ACCOMODATION

Our fees do not include travel, board and lodging expenses. If the participant intends to sleep at the same Hotel where the Retreat is held, make a reservation directly with the hotel structure by requesting the FASCIA RETREAT or CONVENTION PILATES.

Accommodation is planned in the beautiful landscape of Toscana, in Chianciano Terme.

Grand Hotel Excelsior

Address: Via S. Agnese, 6, 53042 Chianciano Terme SI

Email: direzione@grandhotelexcelsior.it

Retreat Special Offer 12 - 15 Luglio 2018:

Bed & Breakfast per day per person*

Double room (per person)	€ 40,00
Single Room	€ 60,00
Triple Room (per person)	€ 40,00

Half board per day per person*

(Meals include 0,5 lt of mineral water per person)

Double room (per person)	€ 55,00
Single Room	€ 74,00
Triple Room (per person)	€ 54,00

Full board per day per person*

(Meals include 0,5 lt of mineral water per person)

Double room (per person)	€ 74,00
Single Room	€ 94,00
Triple Room (per person)	€ 74,00

* Tourist tax: € 1.00 per person per day to be prepaid or payable locally.

WELLNESS CENTER: € 12,00 per person per day, free access to the swimming pool!

CONTACT US

For further information please email or leave a phone number to:

info@fisicamentepilates.it

or call Daniela (+39) 3346987023 or (+39) 065295580

Mon-Fri from 9.00 to 13.00

Saturday from 10.00 to 12.00