



FASCIA

EXPRESSIONAL STATES OF BEING

Response, Release, Integration

Created By Shannon Betts in association with Dr. Eugene Botha.

Presented by Shannon Betts

A two-day course exploring and interpreting the Fascial network and its influence on our health and wellbeing.

Learn how to track Fascial zones to understand and translate the body's innate dialogue, and address the relative areas that are immediately affected. Identifying tension pulls or areas of Fascial restriction, allow you to deeply understand the restrictive areas and areas of limitation through movement, emotion and Psyche. This then supports the body's perceived awareness of the ability to re-express itself; in an optimal, safe and efficient state of expression. The course will help with the understanding of simple techniques to assist with the re-creation of an optimal health expression. The course includes a basic

introduction to Myofascial Meridians, the 5 elements, their consciousness connections and their involvement with the body's innate communication matrixes. The course will combine both theory and applied techniques that may be used any time or place. Working with Fascia assists with trauma, physical healing, emotional processing, pain management, scar repair and so much more. Learning the language of the human being can facilitate the re-modeling of the being's life in multiple ways. A course designed to simplify the way we assist our body's communication matrixes to express through clear, coherent and a consistently coherent manner. The system is gentle, pain free, non-invasive and may be worked with in multiple dimensions.



A natural therapy that compliments all ages and conditions.

Gentle, Effective, Long-lasting Results.