



FASCIA FITNESS FOR A HEALTHY SPINE **with Gill Russel**

- Wednesday evenings 7-8.15 on Zoom
- 28th September, 5th October & 12th October
- cost £36 - **Please message for bank details** or address for cheques
- you will need a yoga mat, a stretchy band (optional but useful), a Pilates ball & a green Franklin ball or tennis ball or similar
- This course is suitable for students and teachers of Yoga and Pilates and anyone looking to reduce stiffness, move better & feel better
- Recordings available for 3 weeks from the end of course & PDF with all movements

The Franklin Method combines **DNI** – Dynamic Neuro-cognitive Imagery with targeted exercises to maintain and improve the health and well being of the body and mind.

DNI uses the power of the mind to enhance motor performance. Research has shown that attaching specific thoughts or visualizations to movements can boost the way the body performs them. Whether you apply these techniques to Pilates, yoga, dance, physical therapy or any other discipline, the Franklin Method is proven to work and improve movement/performance.

Join me for this workshop to explore conscious movement strategies for daily use to release lower back tension and unlock movement potential. Train your fascia for strength, resilience and optimal function. Fascia (connective tissue) is the material that runs through our entire body, it plays a major role in our mobility, our sense of well being and in the prevention of injury.

I have been teaching yoga for over 30 years and I am a qualified BWY & FRYOG teacher with a Yoga Therapy Diploma. I have recently trained to teach Hanna Somatics & Franklin Method for Healthy Spine, Pelvic Floor & Face, Neck & Shoulders.

***** More workshops to follow *****