

FASZIO® – move into happiness!

FASZIO® Three Avenues of Training

FASZIO® – Holistic Fascia Training trains the Whole You. FASZIO® focuses on fasciaoriented movement and emotional well-being. With so many options, we have developed a program with three distinct courses of training and therapy, each applying the 7 FASZIO® strategies in their own unique way. You will be inspired by our large variety of themes, all designed to enhance your understanding of movement habits. **Develop a new quality of motion!**

Instructor Training



Become a certified FASZIO®
Movement Instructor
→ **for ultimate fitness**

Fascial Yoga Training



Learning to combine fascial know-
ledge with traditional Yoga
→ **for ultimate health**

Training for Therapists



Fascial Therapy: Cupping, Flossing,
Massage, Mobility, Taping
→ **for ultimate recovery**

7 Strategies for Healthy Fascia

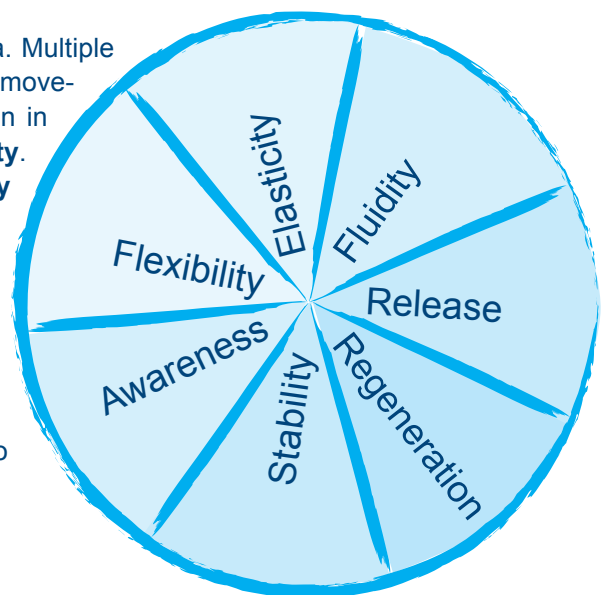
The FASZIO® system teaches innovative ways to regain a healthy fascia. Multiple unconventional challenges will train **awareness** and full competency of movement while increasing physical strength. Ligaments and tendons will gain in **elasticity** and **flexibility**, increasing in explosive strength and **stability**. Firm connective tissue becomes improved by combining natural **fluidity** and impulsive motion. Finally, **release fascial blockages** and experience **regeneration** and renewal.

Read more about fascia: www.FASZIO.com

Products

FASZIO® is an effective approach to holistic fascia training. In cooperation with our partners, we are continuously developing high-quality products to support training and therapy of the fascial network.

- FASZIO® Tuning Ball-Set by TOGU®
- FASZIO® Cupping-Set by BellaBambi®



Movement is our passion

What is fascia? It is the connective tissue of the whole body. It is woven around every cell, muscle, organ and bone and provides the unity of the body. It is responsible for every movement we make.

Why is fascia important? It protects us, nurtures even the smallest part of the body, gives us shape and flexibility, and keeps our internal homeostasis regulated. It is where our body gets its strength, vitality and health.

Book us for your next Event!

Our trainings are supported by a diverse team of movement and therapy experts, benefitting every participant with their wide range of skills.

