

Massage  
**Therapy**  
Taping  
Cupping  
Flossing  
Detox  
Pelvic Floor  
**Instructor  
Training**  
Kids  
Seniors  
Dance  
Move

Pilates  
Gym Machines  
**Training**  
Yoga  
Full Body Workout  
Aqua  
Back Workout



FASZIO® – move into happiness!

*Three FASZIO® Avenues of Training*

The concept of FASZIO® – Holistic Fascia Training includes fascia oriented movements, nutrition and emotional well-being and offers many therapeutic options. We have thus developed a program with three avenues of training, applying the seven FASZIO® strategies in their own unique way. Be inspired by our large variety of themes. Enhance your understanding of movement habits and explore a new quality of motion!

**Instructor Training**



Fascial Movement Instructor and additional qualifications

**Fascial Yoga Training**



Combining fascial knowledge with traditional Yoga

**Training for Therapists**



Fascial Therapy: Cupping, Flossing, Massage, Mobility Therapy, Taping

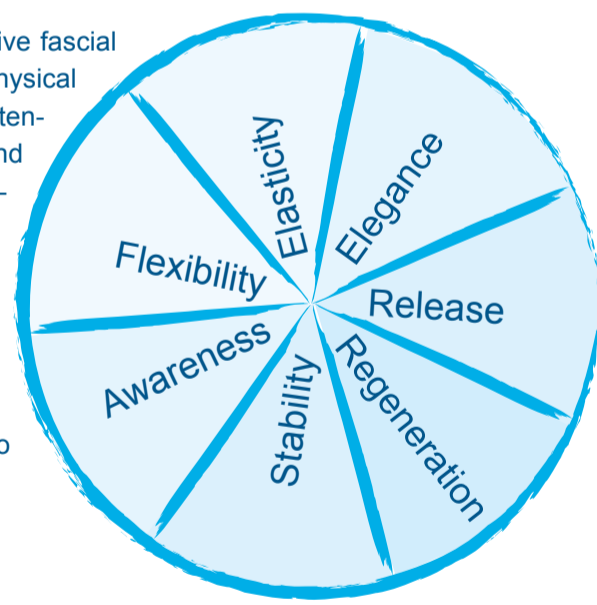
*7 Strategies for Healthy Fascia*

FASZIO® introduces and considers all aspects of a healthy and an effective fascial training. Multiple unusual challenges train **awareness** and increase physical strength and fitness as well as movement competence. Ligaments and tendons gain in **elasticity** and **flexibility**, increasing in explosive strength and **stability**. Firm connective tissue is improved by natural **elegance** and impulsive motion. Add **releasing** of blockages and time for **regeneration** and refresh your fascia!

**Products**

FASZIO® is an effective concept of 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® Ball allround by TOGU®
- FASZIO® Cupping-Set by BellaBambi®
- FASZIO® Ball local by TOGU®
- FASZIO® Collection by Nipala



*Meet us at our next event!*

Our trainings are supported by a diverse team of movement and therapy experts, who benefit participants with their wide range of skills.

All our events at [www.FASZIO.com/trainings](http://www.FASZIO.com/trainings)