



Institute of Holistic Healthcare

整全保健學院

Fascial / Craniosacral Therapy Education System

The Fascial / Craniosacral Therapy education system is an update of the fascial release education system of the institute. The primary objective is to introduce to practitioners the concept of fascial therapy from superficial to the deepest layer of fascia, starting from a more direct approach of myofascial release to indirect approaches and balancing techniques for deep fascia and that of the craniosacral system, allowing practitioners to understand the concepts of fascial treatment and to develop skills systematically.

Each module is comprised of a two-day (14 hour) seminar with both theoretical and practical education.

Module	Main features
1	<ul style="list-style-type: none">• Introduction to the fascial system and fascial therapy approaches• The myofascial system• Palpation of fascia• Myofascial Release
2	<ul style="list-style-type: none">• Palpation of rhythms• Grounding• Indirect fascial release techniques• Diaphragmatic releases• Still point techniques
3	<ul style="list-style-type: none">• Palpation of craniosacral rhythm• Articular and suture techniques• Membranous release techniques
4	<ul style="list-style-type: none">• Facial bone techniques• Intra oral techniques
5	<ul style="list-style-type: none">• Somatoemotional release• Energy techniques• Paediatric treatment

Students are expected to complete the program in sequence.

Applications are welcome from manual therapy practitioners including physiotherapists, Chinese medicine practitioners, massage therapists and other health care and practitioners and trainers. There is no pre-requisite to participate in module 1.