

Fascia and the Nervous System Level 2: course outline

Week 1: Biotensegrity as a model of resiliency

- **Homework (39 min)**

In this 60 minute movement and meditation session we will explore our relationship to movement, sensation, and the subtle narratives that weave between them. We'll use natural playful sequences that honour both the mind and body, and more importantly, feel good! This movement practice concludes with a guided meditation, which invites you to embrace and harmonise opposing qualities on the mental, emotional, and physical levels of your being.

Discover the profound process of trusting the natural organic intelligence that formed your body and is self-organising, self-correcting, and inherently resilient.

- **Meditation (18 min)**

In this guided meditation you will discover how to embrace and harmonize opposing qualities on the mental, emotional, and physical levels of your being. Discover the profound process of trusting the natural organic intelligence that formed your body and that is self-organizing, self-correcting, and inherently resilient.

- **Biotensegrity as a model of resiliency (1h20 min)**

In this session we will focus on biotensegrity as a resiliency model applied to the physiology of the human body and our musculo-skeletal system.

We will explore how we can apply the principles of biotensegrity to help us become more physiologically resilient. Exploring the latest research in domains of fascia and the nervous system, we will change the narrative around pain and use this knowledge to learn to trust our bodies' innate ability to heal and bounce back from injury.

Week 2: Biotensegrity applied to different 'Domains of Integration'

- **Homework (45 min)**

In the level 1 course we discussed Dr. Dan Siegel's definition of integration as "honouring differences while fostering linkage between them." In this 60 minute movement and meditation session we will expand on the concept of integration by incorporating it into the tensegrity concept and applying it to our body, mind, and spirit. In the guided meditation, we will practice a compassionate body scan, moving through the koshas. We will scan our physical, mental, emotional, and spiritual bodies, learning how to appreciate the uniqueness of the different koshas while maintaining connection/integration to our overall wholeness. In the movement segment we will explore intuitive movement practices from several traditions. You'll discover how each of these approaches can be tailored to your own body's needs to reduce pain and find more balance and ease in your movements - both on and off the mat.

- **Meditation (19 min)**

After a short guided meditation, we will explore intuitive movement practices from several traditions and discover how each of these approaches can be tailored to the needs of your body to reduce pain and find more balance and ease in your movements, both on and off the mat.

- **Biotensegrity applied to different 'Domains of Integration' (1h29 min)**

In this session we will apply biotensegrity to different domains of integration, as discussed in Fascia and the Nervous system - Level 1 - such as left/right brain integration, mind/body integration, and interpersonal integration. We'll look at how this application can optimise our wellbeing and quality of life.

Rather than perceiving pain and discomfort negatively, we will also explore how movement restrictions and discomfort may, in fact, be a useful guide - and how this perspective can help to liberate and empower us.

- **Follow up video (23 min)**

A follow up video from Christine in which she expands on some of the topics discussed in the class.

Week 3: Myofascial unwinding

- **Homework (49 min)**

In this mindful movement session we will explore and discuss the 'no pain no gain' narrative – how it can lead to tensegral imbalance and how to weave more pleasant and enjoyable sensations into your practice. We will discover why exercise can feel like a chore at times, and how to return to more natural and pleasurable ways of accomplishing your fitness and mobility goals.

- **Meditation (22 min)**

In this guided meditation practice, we will mindfully explore how to do a compassionate body scan through of all the Koshas. We will scan our physical, mental, emotional and spiritual bodies, learning how to appreciate the uniqueness of the different Koshas while maintaining connection/integration to our overall wholeness.

- **Myofascial unwinding (1h23 min)**

In this session we will apply the principles and practice of biotensegrity to movement and dive into myofascial unwinding. We will also explore other intuitive movement practices such as Tantric yoga. You will learn how, when and why to incorporate the practice of pandiculation into your yoga practice or classes and how to use myofascial unwinding to reduce pain, manage stress and move with ease.