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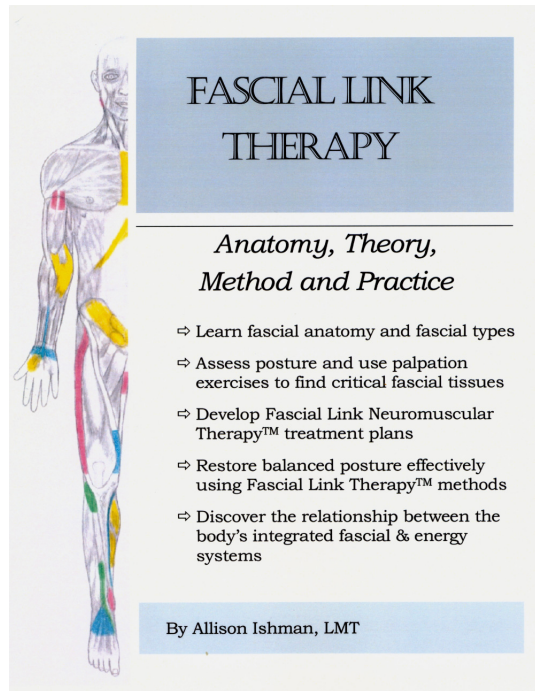
LEARN FASCIAL ANATOMY & FASCIAL LINK THERAPY

This guide will explain the key fascial structures in the body, outline methods for balancing posture, provide hands-on instruction for working with fascia and help you achieve increased relief in even short therapy treatment sessions. If you want to provide effective fascial care, this book is for you!

Find additional information inside on:

- Fascial anatomy tables and charts, including the three types of fascia
- Skills for looking at the body structurally and assessing posture, evaluating muscular and fascial tonus, and developing your techniques
- Using the Dual Release Technique and Medial-Lateral Compression method
- Theory for working with the body's fascia and the different receptors in soft tissue
- Guidelines for body mechanics to facilitate relaxation and tissue release
- An overview of energy systems integrated with fascia, including simple assessment & applications
- Practical routines for treating fascial link patterns and more!

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