

FASCIANATING!

Why You Have Pain & What Myofascia Has to Do With It

Your body wasn't built to hold the positions your clinical practice demands.

Myofascia (your connective tissues) links it all – yet most of us never learned what it is and how to keep it healthy. This blind spot often turns everyday movements into long-term pain and dysfunction.

With warmth, humor, and deep expertise, master educator Kathleen Keller guides health professionals through one of the body's most overlooked systems: the myofascial network. In this fascinating session, participants discover the eleven myofascial lines, explore the impact of posture and repetitive strain, and recognize why traditional approaches often fall short.

Learn evidence-based strategies to reduce tension, improve spinal mobility, and activate your full myofascial core - because your core isn't just your abs! Through simple movement, fascia-friendly tools, and self-care techniques, participants will discover how to hydrate myofascia at the cellular level, restore postural balance, and to move with greater ease and support. By the end of the session, they'll understand why they hurt - and what to do about it - with practical tools to feel better, move smarter, and help prevent pain from sidelining their clinical careers.

SUGGESTED AUDIENCE: All Professionals

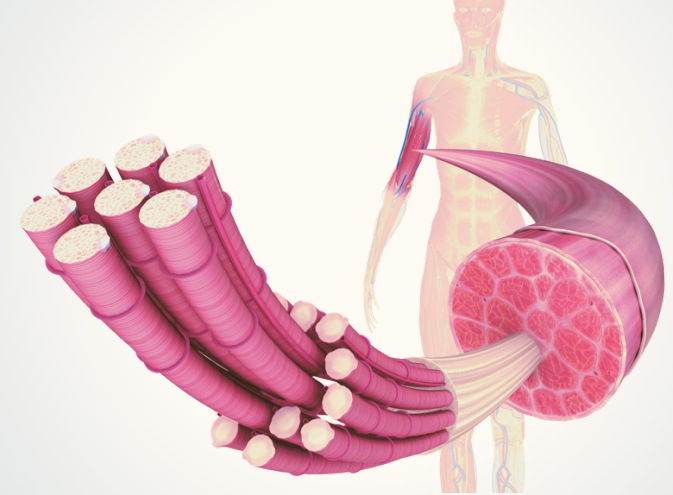
SUGGESTED FORMAT: Lecture, Workshop, Keynote; Partial and Full Day

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Learning Objectives:

- Illuminate the structure and function of the myofascial system and its role in posture, movement, and musculoskeletal health
- Identify daily habits of myofascial holding patterns that contribute to chronic tension - especially forward head posture, upper-body imbalances, and spinal stiffness
- Practice effective core engagement and pelvic alignment techniques that support functional movement and joint stability
- Evaluate common exercises and movement habits to avoid unintentionally cause long-term harm
- Discover fascia-focused techniques to re-hydrate connective tissue at a cellular level
- Explore how habitually gazing downward, coupled with repeated spinal flexion, dramatically increase overall spinal tension
- Learn why fascia-friendly movements support mobility and how full-body functional fitness maintains myofascial health



KELLER METHOD

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