

WEBINAR REFERENCES: Courses Slings Myofascial Training

As additional learning material we recommend Karin Gurtner's webinar series 2021. Dark shaded are webinars which fit perfectly to the corresponding course(s).

Information about the [Webinar Series 2021](#) can be found on our website.

Nr.	Series	Webinar	ATiM	SE	SIMB	SiM1	SiM2	SiM3	SBR&MS
1	Functional Anatomy Spotlight	Different Core Competence: Deep Front Line							
2	Functional Anatomy Spotlight	Thoracolumbar Fascia: Central Roundhouse with Bodywide Influence							
3	Functional Anatomy Spotlight	Multidimensional Dynamic Stability: Training Inner Togetherness							
4	Functional Anatomy Spotlight	Myofascial Pathway to the Pelvic Floor: Adductor Magnus							
5	Simply Profound	(Re)Balancing the Pelvis							
6	Simply Profound	Unwinding the Core							
7	Simply Profound	Elasticising the Body							
8	Simply Profound	Empowering the Arms							
9	Simply Profound	Invigorating the Spine & Inner Organs							
10	Simply Profound	Strengthening the Abdominals & Nourishing the Back							
11	What Moves You	Interoceptive Soundscape: Finetuning Inner Ease							
12	What Moves You	Feeling of Self-Determination: Move and Be Moved							