

Fascia in Focus

Web of Connection for Body∞Mind Integrity

12 Plus 1 Body∞Mind Benefits for Life

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|------------------------|------------------------|
| 1. Postural Ease | 7. (Self-)Awareness |
| 2. Movement Freedom | 8. Resourcefulness |
| 3. Movement Love | 9. Embodied Agency |
| 4. Pre-silience | 10. Response-ability |
| 5. At home in the body | 11. Confident Humility |
| 6. Embodied Grace | 12. Radiant Vitality |



Plus One: 13. Positivity Resonance

12 Fascial Qualities

1. Tensional Strength
2. Muscle Collaboration
3. Force Transmission
4. Responsiveness
5. Multidimensionality
6. Fluidity
7. Glide
8. Elasticity
9. Yield
10. Tone Regulation
11. Kinaesthesia
12. Awe

12 Training Techniques

1. Stabilising
2. Toning
3. Pushing, Pulling, Counter-traction
4. Active Lengthening, Expansion
5. Spiralling
6. Hydrating
7. Gliding
8. Domino Motion
9. Elasticising
10. Massaging
11. Active Ease
12. Melting and Invigorating

12 Practice Aims

1. Dynamic Stability
2. Multidimensional Strength
3. Limberness
4. Movement Rhythm
5. Spring
6. Tissue Nourishment
7. Adaptability
8. Resilience
9. Somatic Trust
10. Movement Courage
11. Mañana Competence
12. Kinaesthetic Intelligence

FAMO Fascia Movement
by Karin Gurtner

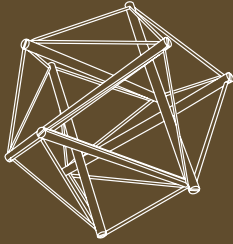
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Essential
Companion for
Fascia-Focused
Movement

Fascia in Focus

12 FASCIAL MOVEMENT QUALITIES

1. Tensional Strength



2. Muscle Collaboration



3. Force Transmission



4. Responsiveness



5. Multidimensionality



6. Fluidity



7. Glide



8. Elasticity



9. Yield



10. Tone Regulation



11. Kinaesthesia



12. Awe



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