



# Fascia IO

PROFESSIONAL DEVELOPMENT



PHILOSOPHY

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OUR TEAM

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COURSES

# FASCIA IQ CURRICULUM



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# OUR PHILOSOPHY

Welcome to the forefront of human anatomy and physiology – the dynamic and ever-evolving study of the fascial system. Current scientific breakthroughs are revealing that fascia plays an integral role in every aspect of the human body's structure, system functioning, communication and homeostatic regulation.

These discoveries are reshaping our understanding of the body's design and how it functions, but more importantly, it is changing our approach to client care and well-being. At Fascia IQ, we are firm believers that grasping the nuanced dynamics of fascia and the fascial system is the cornerstone to creating an effective, holistic approach to obtaining optimal health outcomes for clients.

Our mission is to empower practitioners to build an understanding of the intricate role the fascial system plays in the body and equip them with a comprehensive toolbox of fascial techniques to address client health conditions and help restore their vitality.

Embark with us on a transformative journey into the fascinating world of the fascial system. Fascia IQ offers a comprehensive set of courses that will revolutionise your client care approach, including - myofascial release, fascial unwinding, scars and adhesions, and fascial anatomy.

Mastering the intricacies of fascia will set you apart professionally and ensure that your clients receive a comprehensive, personalised approach to their well-being. It's not just about standing out in your field; it's about setting the stage for a healthier, more vibrant life for those you serve.

Join us at Fascia IQ in elevating the standards of care, one fascial insight at a time.

# MEET BETH BEAUCHAMP FOUNDER

Beth has been working with the body's fascial system since 2000, and believes that fascia plays a major role in our clients' medical conditions and overall health.

She has developed Fascia IQ to share her knowledge, and equip health practitioners with effective hands on techniques to gain successful outcomes for their clients.

Beth is a passionate and enthusiastic fascial educator and has spoken at conferences for Massage Aotearoa New Zealand, Hand Therapy New Zealand, Exercise New Zealand, the Holistic Pulsing Guild, and the Australasian Lymphology Association.

Beth holds a Medical Massage Therapy degree and has a private practice in Nelson, NZ.



# MEET JENNY ALLAN INSTRUCTOR

Jenny obtained her Diploma in Therapeutic Massage in 2001 and was a massage tutor at The Lotus Centre in Hawke's Bay where she taught all aspects of their massage curriculum for about 12 years.

Jenny and Beth met in 2019 and immediately saw their shared passion for the human body and its healing potential. Jenny quickly attended all of Beth's courses and became completely enamoured with the fascial system.

In no time Jenny became a certified MFR practitioner and then instructor for Fascia IQ. Jenny has created the Functional Myofascial Anatomy course to help practitioners develop their 'knowing hands'.

In Jenny's words, "Fascia absolutely rocks my world"!



# COURSES

## MFR Foundations Course:

Begin your transformative myofascial journey with Fascia IQ's — MFR Foundations course. This insightful exploration will reshape your perspective of the human body and how it functions. As a practitioner, you will delve into the critical and often overlooked role of the body's fascial system; exploring fascial anatomy and physiology, what causes fascial dysfunction, and how myofascial release techniques can restore fascial integrity.

Participants will develop proficiency in palpating fascial restrictions and applying myofascial release techniques effectively. The impact on client health outcomes includes posture realignment, alleviating pain, and improving movement; as well as optimising essential body systems functioning, tissue hydration and lymph movement.

Our distinctive Fascia IQ approach navigates through the body's tissue layers from superficial to deep, identifying and addressing restrictions both within and between muscle and fascial structures. Gain a practitioner's insight into how creating mobility in the body's seams and interfaces enhances tissue glide-ability, facilitates the restoration of natural muscle length and function, and has profound effects on the client's whole body.

The comprehensive coverage of specific muscles and myofascial structures, from the head and neck to the trunk and hips, equips you with practical knowledge applicable to a diverse range of client needs.

The MFR Foundations is an essential prerequisite for the advanced courses, including MFR Upper Body, MFR Lower Body, and Functional Myofascial Anatomy.

Elevate your practice and empower your clients with the invaluable insights gained from this transformative course.

**This course is a pre-requisite for all other courses**

# COURSES

## MFR Upper Body:

Deepen your expertise working with conditions of the head, neck, shoulder, arm, and hand with Fascia IQ's — MFR Upper Body course. As a practitioner, this course empowers you with advanced techniques to effectively address conditions, such as headaches, migraines, TMJ disorders, thoracic outlet syndrome, tennis elbow, and repetitive strain injury.

Discover how MFR techniques can offer transformative solutions for clients with upper body challenges. Gain important insights into the underlying causes of conditions arising from tissue compromise, compression, adhesions, weakness, strain, inflammation, and misalignment of soft tissue and skeletal structures.

Practitioners will expand their toolbox with techniques to treat pectoralis minor, serratus anterior, teres major, rotator cuff muscles, TMJ, pterygoids, suboccipitals, scalenes, hyoids, and a range of arm, wrist, and hand structures.

The MFR Upper Body course will enhance your ability to gain effective client health outcomes for a range of upper body conditions.

**Myofascial Release Foundations is a pre-requisite for this course**

# COURSES

## MFR Lower Body:

Enhance your skillset working with conditions of the trunk, hips, legs, and feet with Fascia IQ's — MFR Lower Body course. As a practitioner, this advanced course expands your understanding of the pivotal role of fascia in prevalent medical conditions such as breathing issues, sciatica, low back and hip pain, iliotibial band syndrome, knee pain, and plantar fasciitis.

Delve into the profound impact of stress on the body, with research indicating its correlation with up to 90% of all illnesses. Understand how stress manifests physically, affecting adrenaline levels, heart rate, immune function, posture, fluidity of movement, and breathing. Learn invaluable techniques to alleviate tension and restrictions caused by stress, fostering well-being in often unexpected ways.

Gain practitioner expertise in addressing muscles and myofascial structures, including serratus posterior superior and inferior, thoracolumbar fascia, quadratus lumborum, psoas, deep hip rotators, quads, hamstrings, adductors and detailed lower leg, ankle and foot structures.

Join us as we unravel the intricate connections between fascia and lower body conditions. Enrich your practice by incorporating the knowledge gained from the MFR Lower Body course, enhancing your ability to facilitate relief, mobility, and well-being for your clients.

**Myofascial Release Foundations is a pre-requisite for this course**



# COURSES

## Functional Myofascial Anatomy:

Immerse yourself in the intricate tapestry of muscular and fascial anatomy with Fascia IQ's — Functional Myofascial Anatomy course - an experiential course designed to advance your anatomy expertise and develop your 'knowing hands' for identifying tissue dysfunction.

Through hands-on exercises and drawing structures on peers, practitioners will hone their palpation skills, gaining a heightened awareness of tissue nuances in key areas where clients are symptomatic, including the neck, shoulders, trunk, and hips. This refined skill strengthens practitioner's ability to pinpoint areas with adhesions, compression, and restriction, precisely guiding their focus and technical approach.

Learn how to achieve glide-ability between muscles and interfaces, which has a profound impact on muscle strength, stability, movement, function, and body alignment within biotensegrity dynamics. Explore the dynamic nature of fascia as a 'shape-shifter,' continuously adapting to meet the body's ever-changing and unique needs.

Join us for this invigorating course, effectively strengthening your ability to palpate muscles and myofascial interfaces. This heightened diagnostic precision directly translates to improved treatment efficacy with myofascial release and other techniques, raising your effectiveness with client health outcomes.

**Myofascial Release Foundations is a pre-requisite for this course**

# COURSES

## Fascial Unwinding Foundations:

Immerse yourself in the intricate tapestry of muscular and fascial anatomy with Fascia IQ's — Functional Myofascial Anatomy course - an experiential course designed to advance your anatomy expertise and develop your 'knowing hands' for identifying tissue dysfunction.

Welcome to this innovative approach to fascial unwinding with Fascia IQ's — Fascial Unwinding Essentials course - a unique opportunity for practitioners to refine their skills and revolutionise their approach to client care. In this course, practitioners will master the art of engaging clients through subtle touch and deep listening skills, unlocking the potential for anatomical and physiological changes on multiple levels, addressing held trauma and facilitating consciousness shifts.

At the core of the Fascia IQ approach are nine distinctive handholds strategically designed to unwind the body's patterns of compensation, trauma and stress. This systematic yet intuitive approach encourages structural realignment, promotes enhanced system functioning, and facilitates improved communication and body awareness.

Learn how fascia is more than just connective tissue - it is our richest sensory organ, influencing proprioception, nociception, and interoception. Gain an understanding of how fascial changes trigger a ripple effect, recalibrating the nervous system and reorganising the entire body.

Develop the skills to cultivate your 'listening hands' and trust your intuitive sensing, gaining confidence in navigating the intricate pathways within the body. Elevate your therapeutic touch and presence, creating a profoundly safe space for the client's inner wisdom to guide the therapeutic journey toward healing, resiliency, and vitality.

# COURSES

## Fascial Unwinding - Interoception:

Elevate your expertise in the intricate realm of fascia work with Fascia IQ's advanced course — Fascial Unwinding Interoception. This immersive experience is designed to broaden your comprehension of the mind-body approach and unlock unprecedented healing possibilities for your clients.

Understand how the body retains the memory of past experiences, which can create obstacles to health and well-being. Practitioners will gain insights into how to effectively diminish the static of dysfunctional communication within the body, fostering a heightened and more harmonious communication network throughout.

Immerse yourself in exploring interoception, unravelling the body's ability to perceive and understand its internal state. Discover how heightened interoceptive awareness is pivotal in regulating bodily functions, maintaining homeostasis, and understanding the body's responses to stimuli, emotions, and stressors. This refined awareness contributes to overall well-being, enhances emotional regulation, and facilitates a more profound and holistic approach to healing in therapeutic contexts.

Join in this profound examination of how optimising the body's fascial system is key to empowering complete health and vitality. With these new insights, you will truly have a skillset that sets you apart in your field.

**Fascial Unwinding Foundations is the pre-requisite for this course**

## YOU HAVE QUESTIONS

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### **Q: How much do the courses cost?**

A: All courses with **Jenny** cost \$500; advanced courses with **Beth** cost \$550

### **Q: How long are the courses, and where are they held?**

A: All of our courses are two days, from 9am - 5.00pm each day. Many participants choose to combine our foundation course with an advanced one and are in class for four days. We offer courses throughout New Zealand. You can find the details on our course page

### **Q: Do you have a payment plan?**

A: Yes! We offer a three-month payment plan for all of our courses. Each plan incurs an admin fee of \$45.00

### **Q: Who are these courses for?**

A: All of our courses are curated to meet professional standards.

Massage Therapists

Physiotherapists

Osteopaths

Chiropractors

Personal Trainers

Yoga teachers

### **Q: Are the courses experiential or lecture?**

A: We cater to all learning styles and are a combination of both

### **Q: Is there a certificate of achievement?**

A: All participants who attend the full two days receive a certificate.

**Each Fascia IQ course is a pathway to becoming a certified FIQ Practitioner**

Any further questions please do email us: [hello@fascialQ.com](mailto:hello@fascialQ.com)