



# Fascia & Foam Roller Workshop Distance Education Course

This 5 hour practical workshop is designed to demonstrate some fantastic myofascial release techniques and stability exercises using the foam rollers, which can be incorporated immediately into your client's program. The theory section will cover the histology or cellular make up of fascia and the specific "fascial trains" which weave their way through our bodies providing support. There is a large portion of the of the workshop performing the practical exercises, and we guarantee you will be slightly taller and more relaxed by the end of the workshop!

## **What you will get:**

- A practical workshop DVD with exercises for fascial releases & core stability using the large foam roller & spikey ball
- Comprehensive workshop manual with Audio CD and power point presentation for clear anatomy descriptions
- 5CEC ongoing education points with Fitness Australia and recognised by ESSA
- Professional, experienced and passionate presenters!

## **NB: Required Equipment:**

- Clothes to perform practical aspects of the course
- A Large Round Foam Roller & Spikey Ball
- Exercise mat

(visit [www.activeanatomy.com](http://www.activeanatomy.com) if you wish to purchase equipment for this course)



## Presented by:

### Merrin Martin (Director)

Physiotherapist, Exercise Scientist, Health Presenter, Pilates Instructor

Merrin graduated as an Exercise Scientist in 1992, prior to completing her Physiotherapy Degree at Sydney University in 1999. She has worked in a variety of health related areas including physiotherapy, pilates, exercise rehabilitation, managing corporate fitness centres, personal training & massage therapy. She is an APA, ESSA and Sports Physiotherapy member with a particular interest in dance injuries.

In addition, Merrin has extensive lecturing experience within the fitness industry and is regarded as an expert in her role as educator in specific exercise programs & managing injuries. She delivers regular presentations & workshops to a number of institutions, including conferences such as FILEX. She has been instrumental in devising and lecturing in Certificate IV Exercise Therapy & Rehabilitation Courses for the Australian Institute of Fitness and Certificate IV Remedial Pilates module with the Australian Fitness Network.

### Personal Information:

Name: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Postal Address: \_\_\_\_\_

Qualifications: \_\_\_\_\_

Are you a registered with Fitness Australia? Yes or No

### Booking Form:

Please send me the Fascia & Foam Roller Distance Education Course  
Cost: \$110.00

Cheques payable: to "Active Anatomy" PO Box 543, Brookvale NSW 2100

Webpage: [www.activeanatomy.com](http://www.activeanatomy.com) - book online with credit card

Email: [merrinmartin@activeanatomy.com](mailto:merrinmartin@activeanatomy.com)

Internet Banking: St George Bank, "Active Anatomy", Acc No: 3666810, BSB: 112-879

Credit Card Details:

Card No: \_\_\_\_\_ CCV: \_\_\_\_\_

Name on card: \_\_\_\_\_ Expiry date: \_\_\_\_\_

Signature: \_\_\_\_\_