

Time	Topic	Content	Notes
<b>9:00 – 9:05</b> 5 minutes	Welcome	<ul style="list-style-type: none"> <li>• Introducing Tom and Karin</li> <li>• Organizational and technical details</li> </ul>	
<b>9:05 – 9:10</b> 5 minutes	Morning Content	<ul style="list-style-type: none"> <li>• Workshop content and aims</li> <li>• Focus of introduction and 4 interactive lectures</li> </ul>	
<b>Introduction</b>			
<b>9:10 – 9:25</b> 15 minutes	<b>Anatomy Meditation:</b>  Sitting	<ul style="list-style-type: none"> <li>• Myofascial anatomy overview</li> <li>• Listening and tuning in</li> </ul>	Sitting - Listening
<b>9:25 – 9:40</b> 15 minutes	<b>DFL Functions:</b> -Stability, -Movement -Breath	<ul style="list-style-type: none"> <li>• Bodywide dynamic stability functions</li> <li>• Exclusive movement functions</li> <li>• Breath</li> </ul>	<b>Lecture:</b> PP presentation

<p><b>9:40 – 9:50</b> 10 minutes</p>	<p><b>Myofascial Core:</b> Bodywide and Central</p>	<p>Differentiating the bodywide and central myofascial core</p> <p>Collaborating tensegrities</p> <p>Functional relevance</p>	<p><b>Lecture:</b> PP presentation</p>
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**Interactive Lectures**

<p><b>9:50 – 10:20</b> 30 minutes</p>	<p><b>Foot Spring:</b> Anatomy in motion</p>	<p>Experiencing muscles and fascia with specifically selected exercises that facilitate:</p> <ul style="list-style-type: none"> <li>• Weight-bearing strength in the long toe flexors</li> <li>• Adaptability and dynamic stability of medial arch</li> <li>• Dynamic stability of medial ankle</li> <li>• Elastic spring in the flexor hallucis longus</li> </ul>	<p><b>Practice:</b> Relevé &amp; Arm Arc</p> <p>Dynamic Plié &amp; Arm Pendulum</p> <p>Knee Lift</p> <p>Foot Spring (R)</p> <p>Dynamic Plié</p> <p>Knee Lift</p> <p>Foot Spring (L)</p>
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<p><b>10:20 – 11:00</b> 40 minutes</p>	<p><b>Adductor-Pelvic Floor Sling:</b></p> <ul style="list-style-type: none"> <li>-Adductor</li> <li>-Magnus +</li> <li>-Obturator</li> <li>-Internus +PF</li> </ul>	<p>Experiencing the muscles and fascia with specifically selected exercises that facilitate:</p> <ul style="list-style-type: none"> <li>• Utilizing and empowering outside-in core connection</li> <li>• Adductor magnus lengthening, toning and elasticizing</li> <li>• DLR (obturator internus) unwinding</li> <li>• Toning and lengthening the PF muscles, fascia tensile strength and stimulation, unwinding</li> <li>• Glide within and around the adductors</li> <li>• Lengthening and strengthening of adductor and pelvic floor muscles</li> </ul>	<p><b>Practice:</b></p> <p>Sit Back &amp; Curl Up</p> <p>Active Hip Release (R)</p> <p>Dynamic Hip Release ®</p> <p>DHR &amp; Turn In and Out (R)</p> <p>Sit Back &amp; Curl Up (1. adducted + 2. medial rotation)</p> <p>HR series (L)</p>
<p><b>11:00 – 11:15</b> 15 minutes</p>	<p><b>Break</b></p>		

## Interactive Lectures

**11:15 – 12:00**  
45 minutes

### 3 "Psoas" Slings

Anatomy in  
Motion:

-Iliacus, QL  
-Psoas major  
-Pectineus,  
psoas minor

Experiencing the  
muscles and fascia  
with specifically  
selected exercises  
that facilitate:

- Muscle toning  
in length, active  
lengthening  
and softening
- Hydration of  
fascia
- Adaptability  
through  
myofascial  
unwinding
- Dynamic  
balance within  
and between  
psoas and  
pectineus
- Glide within  
and between  
psoas and  
quadratus  
lumborum
- Breathing  
freedom  
through  
multidimension  
al expansion,  
intercostal glide

### Practice:

90/90 Side Bend

90/90 Sit Back

90/90 Reverse  
Side Stretch with  
Spiralling

90/90 Shift into  
Dynamic Hip  
Release

Sit Back & Curl Up

Time	Topic	Content	Notes
<p><b>12:00 – 12:30</b> 30 minutes</p>	<p><b>Core Integration:</b></p> <p>Anatomy in Motion</p> <ul style="list-style-type: none"> <li>-PF</li> <li>-TA</li> <li>-TLF</li> <li>-QL</li> <li>-Diaphragm</li> <li>-PF</li> <li>-ASF</li> <li>-ALL</li> <li>-DNF</li> <li>-Jaw</li> </ul>	<p>Experiencing the muscles and fascia with specifically selected exercises that facilitate:</p> <ul style="list-style-type: none"> <li>• Myofascial connection and collaboration</li> <li>• Pelvic integration</li> <li>• Multidimensional dynamic lumbar-pelvic stability</li> <li>• Head integration</li> </ul>	<p><b>Interactive lecture + Practice:</b></p> <p>Leg Float Up</p> <p>Leg Float up on MB(s)</p> <p>Conclusion</p>
<p><b>12:30 – 12:45</b> 10 minutes</p>	<p><b>Anatomy Meditation:</b></p> <p>Sitting</p>	<p>-Myofascial anatomy revision</p> <ul style="list-style-type: none"> <li>• Tuning in and absorbing</li> </ul>	<p><b>Practice:</b></p> <p>Absorption &amp; Invigoration</p>
<p><b>12:45 – 13:45</b> 60 minutes</p>	<p><b>Lunch break</b></p>		

**13:45 – 17:45**

**Tom**

**17:45 – 18:00**

**Q & A**  
Tom & Karin