



What is Fascial Chi?

Fascial Chi is a simple yet highly effective practice that combines exercises and conscious breathing to stretch and revitalise the fascia. The exercises are performed gently, using slow, deliberate movements rather than forceful ones, with each position accompanied by mindful breathing.

Benefits of Working with Fascia:

- Preserves mobility**
- Prevents blockages and reduces pain**
- Shapes and maintains organ and body structure**
- Supports and protects the body**
- Encourages proper posture**
- Why Practice Fascial Chi?**
- By learning to work with fascia correctly, you reduce strain on your muscles, which prevents overloading ligaments and joints. This, in turn, helps eliminate pain and stiffness.**