

What is Fascial Chi?



FIT 2 SHINE

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.

