

## Fall News from Yahara Therapy – 28 September 2009

Welcome to autumn!

Going against every tendency I have, I will strive to keep this message short and informative.

### Topics below:

- Free Thai Yoga Massage Demo
- New Payment Policy
- General News
- Highlight on the Body: Fascia

### **FREE THAI YOGA MASSAGE DEMO - Willy Street Co-op, Madison** **SAVE THE DATE! - Saturday 24 October, 12:00n & 1:15pm**

I will be giving two free demonstrations of Thai Yoga Massage. Please come observe and ask questions. Bring friends! The event is free, but you must **pre-register** at the Willy Street Co-op : 1221 Williamson St.

608-251-6776

Event details\*: <http://www.willystreet.coop/node/2054>

Thai Yoga Massage on my site: <http://yaharatherapy.com/types.html>

### **NEW PAYMENT POLICY**

I have instituted a new policy: I am no longer accepting **tips**.

While I have been humbled and grateful for those who have tipped in the past, I am doing this because:

- I consider my practice part of your health care, in line with fields such as physical therapy and pain management.
- It feels more equal that everyone pays the same amount for the same service.
- This allows you to put funds into more sessions.
- Many people are confused about whether to tip.

It is important to me that people have access to massage therapy and that I can help make it happen. I've been able to partner with clients in many ways, including through the **Dane County TimeBank**.

Take a look at our thriving local non-cash economy if you are unfamiliar with this international movement. <<http://www.danecountytimebank.org/>>\*

### **NEWS**

I now have a Yahara Therapy **logo!** Layout and printing are in process and you will see it with the survey and on the website soon.

I have contracted with a Wisconsin artisan for a new **rug**. This may not sound exciting, but I am thrilled! It is scheduled to be ready mid-December. I look forward to not kicking little rugs around any longer!

It was worth being patient and asking for what I hoped: Non-toxic, re-purposed fibers, and a cruelty-free product that supports a local artist.

### **WHAT ELSE?**

I've had family visits, time for volunteer projects and have participated in my first **Dairyland Dare**, a "challenge" bicycle ride in the Driftless Region (read: very hilly and incredibly beautiful) of Wisconsin. I'm still impressed with myself for that one!

I partnered with the **Biomedical Engineering Program at UW-Madison** last semester. I proposed a project that would make improvements to a massage chair face rest. Though the end-result is not quite usable, the process was intriguing.

Below are links to photos of the students with the final product. If you'd like to see the actual item next time you are in the office let me know.

<http://www.flickr.com/photos/sfrikken/sets/72157617186802915/>  
<http://www.flickr.com/photos/sfrikken/sets/72157617847781630/>

While finishing classes at the UW last semester, I began volunteering as a **Peer Led Team leader for Physiology**. I meet with students in an optional study "support group". It's rewarding to work with the students as well as the professors who love not only their field, but love to educate. I am participating again this semester. Go ahead, quiz me!

I am beyond thrilled about an upcoming training in November.

**Anatomy Trains** <<http://www.anatomytrains.com/>>\* is an approach that focuses on the interconnectedness of our muscles, fascia, bones and every other part of our bodies.

How do the parts work together as a whole? What happens under stress? What are your unique posture and body-use patterns?

How can I help you make the most of them for easeful, healthy living?

Looking forward to sharing this with you!

### **HIGHLIGHT on FASCIA**

I am excited to part of the cutting edge research and therapy of re-envisioning the body to include the network of fascia, of looking at the **body as a system** rather than pieces and parts.

As you may have heard me say, fascia is like plastic wrap, or maybe an “inner cat suit” that continuously wraps just about everything inside your body. Your viscera (guts and gonads) are produce-bagged in loose fascia. Your muscles are wrapped in it (and there it is called the myofascia). You have fascia like a firm sports bandage at your low back and hips, your wrists and ankles. It braids out from muscles to become tendons then hugs your bones.

It contains things. It supports things. In some places, it’s really elastic, such as around muscles. In others, it’s less elastic and more firm: Think of that IT band running down the side of your leg. If it were really loose, you’d have a hard time standing!

It is continuous, connecting your guts with your muscles with your bones and nerves.

So when you hear “everything is connected”, think fascia!

Where that plastic wrap gets stuck down—your cat suit gets torn and is poorly repaired with excessive patching—you will have problems moving freely. There may be pain.

In my practice, I have increasingly focused on patterns of use in the body, including myofascial strain patterns.

My primary work tends to be myofascial opening (though I am not formally a Myofascial Release Therapist) both on the table and in Thai Yoga Massage, with its focus on pathways in the body. I have been my own best laboratory, especially as I get older!

I have included a few links\*, below to more information. I hope you find these as fascinating and informative as I do!

Can I help you make sense of this? Please ask!

<http://en.wikipedia.org/wiki/Fascia>

Wikipedia entry, including a huge list of links to problems (like *plantar fasciitis* or *scars* or *endometriosis*) and major locations of fascia in the body.

Look at the “thoracolumbar” fascia. <[http://en.wikipedia.org/wiki/Thoracolumbar\\_fascia](http://en.wikipedia.org/wiki/Thoracolumbar_fascia)>  
Low back!

<http://www.fasciacongress.org/2009/about.htm>

“About Fascia” from the International Fascia Research Congress

<http://www.wisegeek.com/what-is-fascia.htm>

General description of fascia and myofascial pain from Wisegeek.

Thank you for being connected to me.

Susan

\*Links to organizations and websites and the information or the subsequent advertising and links therein do not necessarily constitute endorsement or support of content by Susan Frikken or Yahara Therapy. But if I'm sharing them, I have found them generally useful!