

ERGON TECHNIQUE SPORTS COURSE AGENDA

LEVEL 2 - ADVANCED

TIMINGS	TOPICS
8:00 - 8:30 am	<ul style="list-style-type: none"> Registration
8:30 - 9:30 am	<ul style="list-style-type: none"> Introduction to Ergon IASTM
9:30 - 10:30 am	<ul style="list-style-type: none"> Demonstration of Advanced Ergon Strokes (IASTM)
10:30 - 10:45 am	<ul style="list-style-type: none"> Coffee break
10:45 - 11:45 am	<ul style="list-style-type: none"> Fascial System
11:45 am - 12:45 pm	<ul style="list-style-type: none"> Advanced ERGON Technique Scanning Procedure and Practical session for Posterior region of the Femur (Superficial Back Line)
12:45 - 1:45 pm	<ul style="list-style-type: none"> Lunch and Prayer Break
1:45 - 3:45 pm	<ul style="list-style-type: none"> Practical session of 2 hours for posterior and anterior region of the Knee, Calves, Foot and Plantar Fascia and Anterior region of the Thigh (Superficial back and front line)
3:45 - 4:00 pm	<ul style="list-style-type: none"> Coffee break
4:00 - 5:00 pm	<ul style="list-style-type: none"> Practical session for Hip (Tensor Fascia Lata, ITB), Trunk (Back and Spiral Lines)
5:00 - 6:00 pm	<ul style="list-style-type: none"> Practical session for Cervical region (Back and Spiral Lines), Shoulder (Front and Deep Front Lines) and Forearm (Front and Back lines)
6:00 - 6:30 pm	<ul style="list-style-type: none"> Discussion - Evaluation and Participation Certifications awarding