ERGON TECHNIQUE SPORTS COURSE AGENDA

LEVEL 1 – BASIC

TIMINGS	TOPICS
8:00 – 8:30 am	• Registration
8:30 - 9:30 am	• Introduction to Ergon IASTM
9:30 - 10:30 am	• Demonstration of Basic Ergon Strokes (IASTM)
10:30 - 10:45 am	• Coffee break
10:45 - 11:45 am	• Fascial System
11:45 am - 12:45 pm	• ERGON Technique Scanning Procedure and Practical session for Posterior region of the Hip (Superficial Back Line)
12:45 - 1:45 pm	• Lunch and Prayer Break
1:45 - 3:45 pm	• Practical session of 2 hours for posterior and anterior region of the Knee, Plantar Fascia and Anterior region of the Hip (Superficial back and front line)
3:45 – 4:00 pm	• Coffee break
4:00 – 5:00 pm	• Practical session for Hip (Tensor Fascia Lata, ITB), Lumbosacral region (Back and Spiral Lines)
5:00 – 6:00 pm	• 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	• Discussion – Evaluation and Participation Certifications awarding