

*emBodyment-integrity through movement*  
*Jackie Hand*

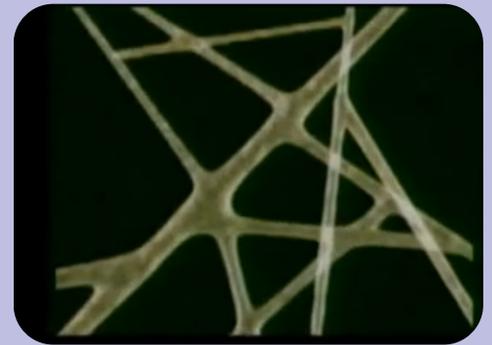
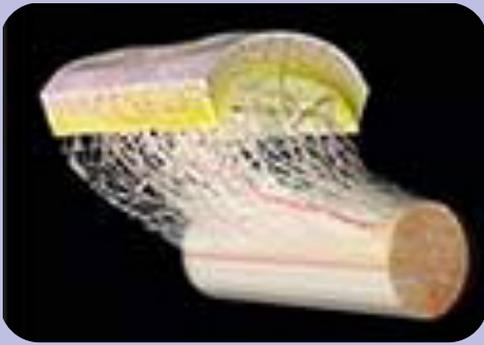
**Newsletter**

Vol. 1 no. 8

**August 2010**

**Encouraging Longevity  
of Your  
Health and Well-Being Through  
Movement and Touch**

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## FASCIA - SUPPORT AND SO MUCH MORE

A simple definition of fascia taken from the web is that it is a sheet or band of fibrous connective tissue separating or binding together muscles and organs.

The above model and photos of living fascia are from "Strolling Under the Skin" a DVD by Dr. J. C. Guimberteau.

My introduction to fascia began in 1984 when Karen Bradley, now acting director at the Laban Bartenieff Institute of Movement Studies (LIMS) in New York City, author of **Rudolf Laban**, and person extraordinaire, needed a partner to study Connective Tissue Therapy (CTT). Theresa Lamb was only teaching students in pairs. I agreed to partner Karen and my journey began.

Theresa, a CMA who had studied Laban Movement Analysis (LMA) with Irmgard Bartenieff (IB), had begged IB to teach her, and was teaching CTT as IB had taught her. IB combined her own understanding of the movement of the body, her Physical Therapy training and her studies with Rudolf Laban with her training in Bindegewebsmassage. Her approach is unique, and continues to stand as unique today in the interconnecting professions of movement and bodywork.

We met for 46 intensive semi-private hours in the summer of 1984. I was assisting the LMA Certificate training program that Karen was in, so we met with Theresa around the program's hours. I practiced at odd hours on Marty Baryllick, then a classmate of Karen's and now a well-known movement educator. (Thank you, Marty!)

Through the years I refined my body level connections, touch and sensitivity to fascia. I continued to work with Theresa as student and assistant while she trained small numbers of

interested CMAs immediately after they completed their LMA Certification. Theresa was always demanding and thorough. I gained invaluable knowledge and experience.

When I was a student, fascia had not yet attracted the interest of the medical community as a system, nor an interlinking one at that. It has only been within the past few years that a different perspective of the systems of the human body other than separate and isolated systems has gained credence. Theories of left and right brains, the separation of the body and mind, and the model of the cell taught in the 60's, are just some of postulates that are being augmented and/or replaced with other theories. Some of these, i.e. string theory, the vibrational body, the meridians and the movement of the fascia in plates, provide a more integrated way in which to view and perceive our physical selves than we had earlier acknowledged.

Finally, fascia is getting the attention it deserves and with the attention, research. My work now has more validation, and there is more understanding of what it is I do. (To be continued)

*Educating You in awareness  
of Your own body,  
its movement patterns and potential*

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if you do not wish to be on my mailing list.



**Magnification of Myofascia**

The cotton candy-like fibers are endomysial collagen, facia, wrapping around and enmeshed with, teased-up muscle fibers. The photo and (adapted) text is credited to Ronald Thompson.

In explaining fascia to clients, I often say that it is the sticky white (dead) substance that one encounters when peeling the skin of a raw chicken breast away from the meat. Live fascia encases our bodies as a network of interlinking supportive webbing.

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