



## **Fascial Release** **with Stefano Beconcini**

**Re-establishing the natural balance of the human body to get fit quickly**  
**An effective hands-on method for chronic pain relief and for optimum well-being**



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***MSc Physics***  
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Stefano is a physicist, expert of Biomechanics and Manual Therapies. Drawing on years of research and clinical experience in the field of complementary therapies, he has developed his own system of soft tissues manipulations that focuses on re-organizing the balance and the movement of the human body to stay healthy.

Common myofascial chronic pains and dysfunctions (lower back pain, neck pain, carpal tunnel syndrome, rotator cuff tendinitis, temporomandibular joint syndrome, tennis elbow, golfer's elbow) are poorly understood conditions causing disability, loss of vitality and loss of productive time in the work force.

Factors such as over-use syndrome, injuries and negative emotions affect the body alignment, our dynamic relationship with the force of gravity. Our inefficient ways of standing and moving in the gravity are the root cause for any chronic pain and for predisposition to injury.

Re-establishing the natural alignment of the body through a series of bodywork treatments is a necessary process for long-lasting pain relief.