00:46:30 Gesine Sass-Scheele: Fascinating
00:47:57 Eva Geueke: Yes, my orthopedic doctor in Germany showed me this model a few weeks ago (which I knew already). Thought that was a good sign about my doctor
00:54:24 Katherine W: curious - in the video is it explained how the real tissue footage video was shot?
00:57:31 Katherine W: what do you mean by uneven ? do you mean asymmetrical?
01:02:30 Gesine Sass-Scheele: That is so eye opening to me. I had an appendicitis.
01:09:08 Misha Forrester: you mention the radiation therapy as a potential cause for fascia restriction due to the high heat. What about far-infared therapy, and/or red light? How does scar tissue tape help with restriction for surgery?
01:19:40 Margot Schaal: What is the result of open heart surgery done not though the cutting of sternum, but from the side, between the ribs?
01:22:24 Gesine Sass-Scheele: Great presentation! Thanks a lot!
01:22:45 Gillian Franks: What is the relation between the fascia and the lymph system?
01:22:53 Kathy D: Rolfing, dry needling vs or in addition to myofascial release?
01:23:14 Nancy Norwood: How does Feldenkrais with fascia compare with Counterstrain physical therapy (Brian Tuckey in Frederick Md?
01:23:29 Eva Geueke: wHAT ABOUT FIBROMIALGIA ?
01:24:16 Linda Rulli: Would very gentle massage and manipulation help someone recover from plantar fasciitis?
01:25:55 Eva Geueke: I feel Dr Feldenkrais did work some on Fascia but never talked about it. And is not Linda Tellington work with her little circles on horses on fascia?
01:26:07 Jane Graly: Heart stents through the vein?
01:26:30 Gillian Franks: If some has Elherer Dandos Syndrome and the fascia is too loose, how can that be helped?
01:27:44 Jane Graly: Some of the lymph dranage seems to realease some of the facial restrictions.
01:31:35 Virginia Yao: For Ehler Danlos clients, would myofascial release have to be modified to be extremely gentle due to the disordered collagen??
01:34:03 Jane Graly: Often the placing of a stent for the heart is done by going through the vein. Should not disrupt as much facia.
01:36:25 Linda Rulli: Can fascia always be repaired, or can it be permanently damaged - especially with age
01:37:02 Eastern/Southeastern Region, Feldenkrais Guild of North America: with EDS clients - should they work on strength training with good form
01:37:57 kim Maxwell: Catherine, thank you for sharing this information with us. It is so important. It is great to see you!
01:38:41 Gillian Franks: Thank you so much Jane and Catherine for arranging this useful seminar, especially the rapid and knowledgable Q and A. I have to leave now.
01:39:17 Eva Geueke: Yes I agree, thank you so much, I have worked on it intuitively but this is great to be better informed
01:40:07 Cheryl Becker: I've read that fascia has 9-10x more nerves in it than muscle fibers. Does this imply that our informative touch is re-organizing the fascia, i.e., more

than changing ground forces through the skeleton?
01:41:41 Virginia Yao: Thanks so much Jane and Catherine. Nice to finally hear fascia and Feldenkrais spoken together!
01:44:00 Katherine W: i'm thinking about the oft stated phrase - no pain, much gain - used in many FM contexts.... and how this relates to communicateing with the fascia in the movement (FI context especially)
01:45:39 Eva Geueke: What do you think of “Melt”
01:45:39 Katherine W: and how some think FM is "woo woo" because work one place has effects in others - perhaps a new way to explain this phenonmenon
01:45:40 Eastern/Southeastern Region, Feldenkrais Guild of North America: video is called - Strolling under the Skin
01:45:48 Nancy Norwood: Thank you, Catherine. You have added to my indignation of damage to my innocent infrastructure by cancer chemotherapy and radiation treatments. I am curious about ways to encourage healing of the fascia.
01:48:57 Peggi Honig: Thank you Catherine for sharing. It's awareness that enables each to hone skills. Very enjoyed and love your thought, "You're wasting your time with pain!"
01:50:02 Peggi Honig: SomatoEmotional Release, yup, memories are stored in our tissues
01:50:15 Nancy Norwood: Sorry, I had pelvic radiation. Extremely painful. External anal surgery before treatments.
01:50:19 Chzrlotte Chavez: I had abdominal surgery to remove my uterus due to cancer and it's taken over two years to recover. The medical community seemed to think it was "one & donen"
01:51:11 Katherine W: merci bien catherine for this program. i was much looking forward to it and have learned a great deal. thanks jane for organizing this.
01:51:50 Gesine Sass-Scheele: Merci beaucoup!
01:52:15 madeleine Perrone: Excellent! thank you!
01:52:28 Cheryl Becker: Thank you, Catherine!