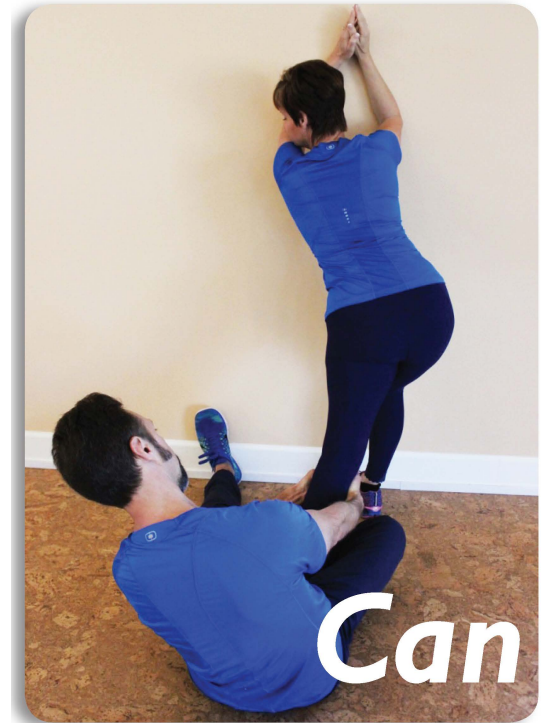


HOW

FSTTM



Change
Your Life
Now!

What Is Different About FST™?

FST is pain-free! It improves mobility of your nerves and flexibility of your muscles and fascia. Other methods focus on isolated muscle stretching which is often uncomfortable or even painful and results are only temporary.

What Is Fascia (fas.ci.a)?

Fascia is the connective tissue system of the body that penetrates through and wraps around muscles, nerves, organs and just about everything else in your body.

Who Benefits?

People of all ages! Any client cleared by their general practitioner for stretching and active movement, fitness enthusiasts, athletes of all levels including professionals.

What Type of Back Pain and Associated Conditions Does FST™ Help?

Most chronic back pain is associated with muscle tightness and joint stiffness; general weakness, fear of movement and certain activities; lack of mobility. All this causes a diminished quality of life.

If you have acute pain or recent injury, see a doctor to get clearance for stretching. For those who have a diagnosis of specific pain or other medical conditions, consult the Stretch to Win Level 3 Medical directory for a Specialist near you at www.stretchtowin.com/search.

Is it Like Massage, Yoga or Pilates?

FST is completely different, yet perfectly compatible with other methods of therapy and training.

Why Stretch Fascia vs Muscle?

Fascia surrounds each muscle, connects them to each other and penetrates deep inside them. It also connects muscles to tendons, ligaments and bone to form a body wide, smart functional network. Fascia connects to all your organs and systems too.

Focusing on stretching the muscle only is “old school”, boring, limited in benefit, often hurts and does not last!



Is It Based on Science?

The first research into the effects of FST commenced in 1997 with founder Ann Frederick's thesis, found at www.stretchtowin.com. Current research on the effects of FST on chronic low back pain is being conducted with a team at the University of Arizona Medical School in Phoenix. FST is also based on the extensive science resources found at www.fasciaresearchsociety.org.



Are There Any Books About FST™?

Yes! The Fredericks are authors of the books Fascial Stretch Therapy and Stretch to Win, found at Amazon.co.uk.

**BOOK AN APPOINTMENT
AND START FEELING
AMAZING TODAY!**



**Change all this in
3 sessions or less:**

Pain

Often greatly reduced or eliminated



Stress

Immediately and
significantly reduced



Sleep

Finally wake rested
and refreshed

Appearance

Better posture, look healthier and
more confident

Mobility

Greatly improved after just one session



Weight

Better mobility,
more effective training,
stay motivated



About Ros Ivison



I initially trained and worked as a nurse within the NHS, specialising in renal nursing. I then gained a BSc in Therapeutic Bodywork from the University of Westminster, followed by Structural Integration training with Kinesis UK, in Oxford. I am a Certified Level 1 Fascial Stretch Therapist™, having trained in Arizona. I am a member of the International Association of Structural Integrators (IASI) and the Institute of Sport and remedial Massage (ISRM). I have full professional indemnity insurance with Balens.

My Practice

My practice is located in Down Ampney, six miles outside Cirencester.

Fascial Stretch Therapy™ £70.00

(Please note that all sessions last 90 minutes)

For further information on anything contained in this leaflet, please E-Mail me at:
ros@cotswoldbodywork.co.uk or visit
www.cotswoldbodywork.co.uk.

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