

# The Fascial Heart - Agenda

## Date(uk) Event

15.00	Welcome
15.05	Gil Hedley lecture: The Heart of Movement
16.05	Gil Hedley Q&As
16.35	Break
17.00	Move that Fascia! mobilisation session with Helen Eadie
17.10	Joanne Avison lecture: The Heart of the Matter of Being Us
18.10	Joanne Avison Q&As
18.40	Break
19.00	Move that Fascia! mobilisation session with Helen Eadie
19.10	Helen Eadie: Somatic Awareness session
19.30	Michael Shea lecture: Cardioception and the Felt Sense of Vascularity, an Embryonic Perspective
20.30	Michael Shea Q&As
21.00	Farewell



the fascia hub

This includes a further three weeks of online access

[thefasciahub.com](http://thefasciahub.com)