



# Certification Course Interdisciplinary Fascia Therapy (IFT®)

A New, Evidence-Based,  
Sustainable Methodology  
for Pain and Stress Reduction

For physicians, physiotherapists,  
chiropractors, Rolfers™, masseurs,  
and other medical professionals

**January 3–8, 2019**

*The IFT Method and the Fascia-ReleaZer were developed based on Christopher-Marc Gordon's many years of practical experience and scientific research.*

*The IFT Method has been taught since 2000.*

## Unique Aspects of the Certification Program

- An opportunity to learn new techniques focusing on neurophysiology, the autonomic nervous system, fascial receptors, and heart rate variability (HRV) training
- 16 evidence-based studies on the topic of IFT
- Highly sustainable and effective therapeutic approaches
- Proven rapid effectiveness of the manual grip sequences
- Self-therapy methods for patients
- Specially designed self-therapy methods for therapists
- Manual and instrument-based methods with innovative cutting-edge tools

The six-day foundation course will be held in Stuttgart, the state capital of Baden-Württemberg (southwest Germany). Located just a short drive from the picturesque Black Forest, Stuttgart and its surrounding area offer a host of attractive opportunities for leisure activities – ranging from outstanding hiking and skiing trails to the natural beauty of Lake Constance, and much more besides. Combine your participation in the course with a relaxing winter break. We'll be happy to provide you with tips on sights to see and places to visit.





Dr. Robert Schleip, PhD



Prof. Dr. David Martin



### Event Location

The six-day foundation course will be held in the charming Waldhotel Stuttgart – located in unspoiled countryside close to the city of Stuttgart, providing an ideal setting for the IFT Foundation Course. The hotel can be easily reached by public transport.

### Guest Speakers

*Dr. Robert Schleip, PhD*  
Human biologist and psychologist.  
Director of the Fascia Research Group, Division of Neurophysiology at the University of Ulm

*Prof. Dr. David Martin*  
University Witten/Herdecke, Germany  
Head of the Faculty of Medical Theory and Integrative Medicine

### Accommodation

Stay at the event location and enjoy the peaceful atmosphere and superior facilities of one of Stuttgart's top hotels. Book an elegant room at our significantly discounted IFT Method rate (around 60% reduction). Enjoy the varied breakfast buffet, relax in the attractive wellness area, including sauna, and savor the charm of the surrounding countryside – and all of this just a 10minute tram ride from downtown Stuttgart.

### Activities Included

**Alongside the Course**  
Interested in finding out more about the CIT Academy? Then come along to our **Meet & Greet** on the evening of the January 2, 2019 (just 15 minutes' walk from the Waldhotel Stuttgart in

the CIT Academy, Ahornstr. 31, Stuttgart). And if you'd like to get some fresh air and exercise to start your day at the IFT Certification Course, you're very welcome to take part in our daily **winter sports training** in the woods.

### Documents and Handout

All course materials can be provided in English or German.

### Pricing

Regular Foundation Course costs	€ 1,990
Additional discount if you book a hotel room in Waldhotel Stuttgart	€ - 50
Catering fixed rate € 25 per day for catering for breaks and lunch buffet	€ 150
Lent device Fascia-ReleaZer and Deep-ReleaZer attachment	inclusive

### What's Included?

- All training materials
- Two different BLACKROLL® products
- Certification after passing practical, written, and oral examinations
- Registration as IFT Method Therapist on our online CIT Academy platform

### Enrollment

Are you interested in participating? Please register online at [www.gordon-health.com](http://www.gordon-health.com) (Available from September 2018). Please feel free to contact us on +49 (0) 711 23 66 321 and ask to speak Christina Brüderle or mail us at [organisation@center-gordon.de](mailto:organisation@center-gordon.de)

### Want to Find out More?

Would you like more information on things to do and see in the Stuttgart area? Would you like to stay overnight in the Waldhotel Stuttgart? We'll be happy to provide you with additional details and the code for discounted hotel accommodation.

### Contact: Organizer

CIT Academy  
Ahornstr. 31  
70597 Stuttgart, Germany  
Phone: +49 (0) 711 23 66 321  
E-mail: [organisation@center-gordon.de](mailto:organisation@center-gordon.de)

### Contact: Event Location

Waldhotel Stuttgart  
Guts-Muths-Weg 18  
70597 Stuttgart, Germany  
Phone: +49 (0) 711 18 57 20  
E-mail: [info@waldhotel-stuttgart.de](mailto:info@waldhotel-stuttgart.de)