

Anatomy Day 4

Natalie van Moorsel 2024

Types of tissue

- Connective tissue: The most abundant of tissue types that performs a variety of functions including support and protection (fat, **fascia**, cartilage, bone, blood and lymph)
- Nerve tissue: Composed of specialized cells which receive stimuli and conduct impulses to and from all parts of the body
- Muscle tissue: Tissue which composes muscle (skeletal, smooth and cardiac)
- Epithelial tissue: Covers the body's surface and forms the lining for most internal cavities and organs

Connective tissue

- The vast web that holds us together, a network of interdependent tissues that comprise the human body.
- Yoga has an effect on all systems and all structures of the body through these connections
- In these tissues we store memories and through posture we tell a story
- We can't influence one part of our being without influencing the whole. We are one continuum



FASCIA

What is fascia?

- Myofascia: Myo = muscle / fascia = band or bandage
- Fascia is a type of connective tissue, it's the biological fabric and glue that holds us together
- The word fascia is used for fibrous connective structures without a more specific definition
- It forms chains through the body which helps create structure by connecting body parts
- Think of plastic wrap, when we stretch it holds it's shape but when we pull it rips



So what is it again?

We are about 70 trillion cells – neurons, muscle cells, epithelia – all humming in relative harmony. Fascia is the 3D web of fibrous gluey and wet (gel like) proteins that binds the cells together and holds them in place.

This system is highly complex and understudied but slowly we are filling those gaps. Understanding fascia is knowing that almost everything in our body are essentially made out of the same stuff but with different properties.

Three main types of fascia

- **Superficial Fascia:** most often associated with the skin
- **Deep Fascia:** Mostly associated with the muscles, bones, nerves and blood vessels
- **Visceral fascia:** Internal organs

- Thomas Myers link:

<https://youtu.be/-uzQMn87Hg0>

Myofascial meridians

- Tracks of myofascial tissue that distribute strain and facilitate movement and provide stability throughout the structures of the body.
- Meridians are a map of the fascial system
- There are 12 specific fascial lines throughout the body
- Superficial fascia or hypodermis are located beneath the surface of the skin
- Deep fascia is tougher and tighter and holds the tissues of the muscles, blood vessels and other tubes
- Third type of fascia lines the body's cavities

Interoception

- Perception of what's happening inside the body comes with awareness about the body
- When interoception increases we come back to feeling inward which opens a space to heal
- Fascia provides the field for us to have interoception, it helps us sense, feel and connect and detects subtle changes in bodily systems.
- Response instead of reaction
- What are neuroception, proprioception and exteroception?

Fascial lines

- SBL: Superficial Back Line
- SFL: Superficial Front Line
- LL: Lateral Line
- SL: Spiral Line
- SFAL: Superficial Front Arm Line
- DBAL: Deep Back Arm Line
- DFAL: Deep Front Arm Line
- SBAL: Superficial Back Arm Line
- BFL: Back Functional Line
- FFL: Front Functional Line
- IFL: Ipsilateral Functional Line
- DFL: Deep Front Line



Spiral Line



Arm Line



Superficial Front Line



Deep Front Line



Lateral Line



Superficial Back Line

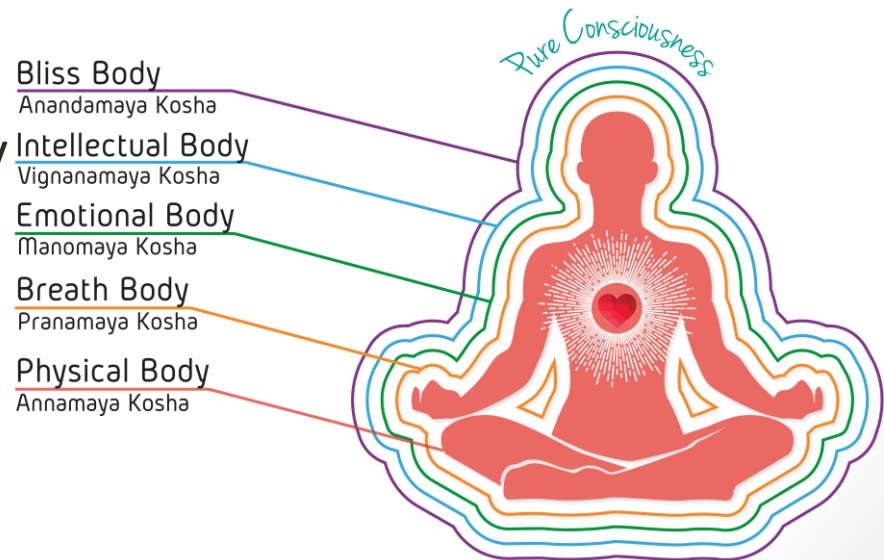
Good resource: <https://fasciaguide.com/treatment/fascia-lines-the-intersections-of-the-body/>

Modern Meridian Theory

- Proposes that the energy channels (meridians or nadi lines) experienced in Yoga and other practices are thought to be water rich channels in the connective tissues.
- Joints and connective tissues produce important proteins with electrochemical properties which attract water molecules
- Water is an excellent conductor of electricity and subtle energies (prana) are thought to flow through these lines of proteins
- Asana stimulates the joints and connective tissues to produce and align the proteins so the energy (prana) flows smoothly

Why do yoga teachers love fascia?

- Connective tissues are the physical manifestation of the interconnectivity that is yoga
- Fascia is the unifying substance of the body and resonates the experience of one cell through the whole body
- Maintaining healthy connective tissue allows us to open up in all dimensions
- Energy flow through fascia helps us open up emotionally and evokes emotional and energetic release in yoga



Keep your fascia healthy

- **Remember to move:** Stretch, get up and walk around when you can
- **Stay hydrated:** Fascia is made up of water. It moves and works best when it's 'wet'
- **(Self) massage:** Foam rolling, myofascial release or just a good deep tissue massage
- **See a myofascial release massage specialist:** This can be helpful when you're dealing with a lingering injury or pain