

H3 by Dan Hellman Schedules New Class in Myofascial Stretching May 10-12

“Muscles are just stupid pieces of meat,” says pioneering osteopath Guy Voyer. Course concentrates on improving the elasticity of the fascia.



Fort Lauderdale, Feb 14, 2019 (IssueWire.com) - [H3 by Dan Hellman](https://www.h3bydan.com) will offer a three-day course in myofascial stretching for physical therapists, sports trainers and other training and rehabilitation professionals May 10-12, 2019, in Fort Lauderdale. The course will be taught by groundbreaking French osteopath Guy Voyer, D.O.

Interested persons can get more information and sign up for the course online at <https://www.h3bydan.com/the-voyer-school/soma-training/>.

“Muscles are just stupid pieces of meat,” Voyer says, “and it’s not the muscle that is important but instead the plastic bag that carries the piece of meat, the fascia. Fascia, also known as connective tissue, surrounds all muscles and muscle fibers and encases nerves, bones and organs.

The body’s fasciae determine the shape of a person’s muscles and even a person’s posture. Whether a muscle is strong or weak is in large part due to the state of the surrounding fascia. A muscle will not work optimally if the fascia that encases it has lost its elasticity, and specially developed stretching makes the fasciae more elastic.

This course is offered as a part of H3's Soma Certification Training Program and is in Level Two of H3's Certificate of Advanced Trainer course. NO prerequisites are required, and the Soma Certification classes can be taken in any order.

Soma Training, developed by Guy Voyer, is based on the idea that proper training—whether for performance, rehabilitation or maintenance—must begin with an understanding of how the entire body moves and does its work. It is an exercise-training program that respects human biomechanics and the organization of the fascial chains. Soma is the Greek word for “body.”

H3 by Dan Hellman is one of only seven centers in the world authorized to provide certification in Voyer's Soma methodology, which it offers in Fort Lauderdale through its Voyer School.

About H3 by Dan Hellman: Now in its 20TH year in Fort Lauderdale, H3 by Dan Hellman (www.h3bydan.com) is a product of Dan Hellman's vision to create a way for people of all ages to be fit, happy, healthy and injury-resistant. It offers personalized programs incorporating exercise and conditioning, rehabilitation, nutrition, and stress management. It also offers certification training in the methodologies of Guy Voyer, D.O. It was formerly known as Hellman Holistic Health.

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