

FASCIA TAOTOUCH® TRAINING

Fascia Tissue Techniques & Multidimensional Bodywork

- Studiedagen: 2 dag, 7 uren
- Data: 18 en 19 november 2026
- Locatie: Vitaalplein, Nieuwe Linie 200, Vught
- Lestijden: 9.30 - 17.30 uur. LET WEL : 7 lesuren per dag
- Docent: Aisha Sieburth
- Kosten: € 398
- Instapvoorwaarde: lichaamswerkers (shiatsu, tuina, osteopathie, (Thaise) massage, yoga docenten) en ervaren beoefenaars interne bewegingsleer (Chi Kung, Do-In, Yoga)
- Accreditatie: SVN en Platform CGZ
- Registratie: certificaat van deelname

Develop a New Dimension in Therapeutic Touch

Whether you are a beginner, an experienced practitioner, or a therapist, Fascia TaoTouch® offers a unique approach to tissue-based energy work that combines fascial techniques, energetic awareness, and movement-based therapeutic principles to enhance the effectiveness of your treatments.

This training provides the foundations of Fascia TaoTouch® while offering practical techniques that can be integrated into Shiatsu, massage therapy, osteopathy, energy work, Chi Nei Tsang, and other manual therapy modalities.

Through the art of tissue listening, participants learn how to release restrictions, improve fluid circulation, optimise energetic flow, and support the body's natural capacity for self-regulation.

Fascia: The Living Matrix

Fascia is the connective tissue network that surrounds and connects every structure of the body— muscles, organs, bones, nerves, and blood vessels.

Closely linked to the nervous system, fascia plays a fundamental role in:

- Mobility and movement
- Fluid circulation
- Structural balance
- Emotional well-being
- Overall vitality

By learning to work gently and effectively with the fascial system, practitioners can help release deep-seated tensions, restore mobility, and improve the body's energetic and physiological functions.

The Fascia TaoTouch® Approach

Fascia TaoTouch® integrates principles from: Taoist Bioenergy Practices, Chi Nei Tsang, Internal Martial Arts: Tai Ji Quan and Chi Gong, Fascial Therapy, Shiatsu, Thai Massage, Tui Na. This approach is developed by Aisha Sieburth, Senior II Instructor Healing Tao, Chi Nei Tsang and Shiatsu.

The method combines tissue listening, pressure techniques, stretching, mobilisations, vibrations, rocking movements, and energetic awareness to restore fluidity throughout the body.

More than a technique, Fascia TaoTouch® is a living art of touch that cultivates presence, sensitivity, and refined perception in the practitioner.

Course content

By combining fascial tissue techniques with energy-based therapeutic principles, practitioners learn how to work more efficiently, more intuitively, and with greater depth.

An invitation to reconnect with the intelligence of the body through conscious touch.

What You Will Learn

Participants will learn how to:

- Develop refined tissue-listening skills
 - Integrating Tai Ji and Chi Gong principles in your touch
 - Improve fluid circulation (lymphatic, blood, and joint fluids)
 - Release physical and emotional tension patterns
 - Restore structural balance and mobility
 - Harmonise meridians and energy pathways
 - Enhance treatment effectiveness through fascial and energetic integration
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Training Highlights

Global Body Protocol – Introduction Level

Future training modules will propose posterior and lateral body protocols, progressively completing the full Fascia TaoTouch® program.

Day 1 – The Multidimensional Tissular Touch

Frontal Body Protocol

- Fascia Chi Gong: awakening the five primary internal meridians
- Fascial mobilisation techniques for grounding, structural balance, and fluid circulation
- Foundational tissue techniques: the Four Layers and Six Directions approach
- Energetic principles applied through touch
- Releasing restrictions along the body's central axis and enhancing energetic flow

Areas explored: feet, legs, pelvis, abdomen, psoas, thorax, diaphragm, and cranial connections.

Day 2 – The Five Elements Tissue Touch

Areas explored: spine, pelvis, thoracic connections, cranio-sacral relationships, and global fascial integration.

Throughout the training, participants will develop tissue-listening skills, refine the quality of their touch, and learn how to integrate fascial and energetic principles into a comprehensive therapeutic approach.

Integrative Fascial Protocol

- Fascia Chi Gong: awakening the lateral meridians
- Five Elements tissue techniques
- Adapting touch according to tissue response and energetic patterns
- Developing tissue-listening skills and refining the quality of touch
- Integrating fascial and energetic principles into a therapeutic approach

Benefits for Therapists, Clients, and Qi Gong & Yoga Practitioners

For Practitioners

- Greater sensitivity and palpation skills
- Improved treatment effectiveness

- Enhanced understanding of anatomy through movement and touch
- Practical tools applicable to any bodywork modality
- Development of energetic perception and therapeutic presence

For Clients

- Deep physical and emotional release
- Improved mobility and flexibility
- Better circulation and tissue hydration
- Enhanced energetic flow
- Greater relaxation and body awareness
- Support for overall vitality and well-being

Aisha Sieburth, UHTS Senior Instructor for Life Pulse Massage training class

Founder and teacher of the Tao de la Vitalité school (<https://www.taodelavitalite.org/>) since 1998, Aisha combines tradition and innovation in her transmission of the Tao healing arts. Throughout her journey, nourished by her research in China, India, Thailand and Japan, she weaves her teaching of awakening and self-healing. Since her childhood in Japan, she has been fascinated by the Asian traditions of dance, meditation and massage, initiated in the arts of body, consciousness and holistic health. Certified as Senior Instructor II in Taoist Internal Alchemy by Master Mantak Chia, in Tao Garden, Thailand, she continues her transmission of the Taoist arts : Chi Gong, Nei Dan, abdominal Chi Nei Tsang massage (levels I,II,II,V) specializing in the Tao of the Sacred Feminine.