

Ultimate massage solutions & art of motion present

# Advanced Bodywork Series



## ANATOMY TRAINS®

### Myofascial Meridians for Therapists

One short course ... long lasting results for you!

Set your anatomy knowledge free! Thomas Myers' Anatomy Trains® weekend intensives are holistic, fun and very useful. Completely transform your view of myofascial anatomy and expand your ability to assess your clients'.

The Anatomy Trains concept moves beyond mechanical «cause and affect» actions of muscles to the integrative relational connections of real-life functional movement. This is a revolutionary map for analyzing soft-tissue patterns, and developing strategies for unwinding these patterns via fascial and myofascial work.

Anatomy Trains offers skills that hands-on therapists, regardless of their modality, can use to see their clients more clearly and work more effectively.

### This course helps you

- Gain access to effective treatment strategies for resolving postural distortions, which may occur some distance from the site of pain or limitation.
- Enable you to make distinct changes in your clients' structure in a few short moves.



### Course Objectives

- Understand basic properties and connected nature of fascia, and tensegrity applied to fascia and human movement.
- A succinct and relevant introduction to geometry/character of the connective tissue, and the topology of fascial planes.
- Be able to identify and trace the 6 major and 6 supplemental fascial meridians along which movement, tension, and postural distortion travel.
- Apply knowledge to construct a bodywork session appropriate for the specific pattern of each client.
- This course also serves as a prerequisite for entry in the KMI 500-hour Certification Training.



*art of motion  
training in movement*

Contemporary Pilates Education

### Your Presenter MIKE DOXEY



The movement of the human body is something that Mike has been passionate about since childhood. Mike comes to this form of bodywork with extensive experience as fitness professional and Body Controlled Pilates teacher. He has been in private practice since 1990. Through his background in professional football, cycling, triathlon, yoga and Pilates, Mike has developed his natural intuitive awareness & understanding of the workings and movement of the human body. Fascinated by the integration of movement and manual therapy, Mike studied with Tom Myers, and having completed his KMI training, has expanded his one to one practice. With his work as a Pilates teacher, he has found that incorporating structural integration, and particularly the KMI approach, has completely changed how he looks at the body, making the two arts very powerful in enabling the individual to make optimum use of their body. Michael's practice is based in London and Brighton.

# BodyReading

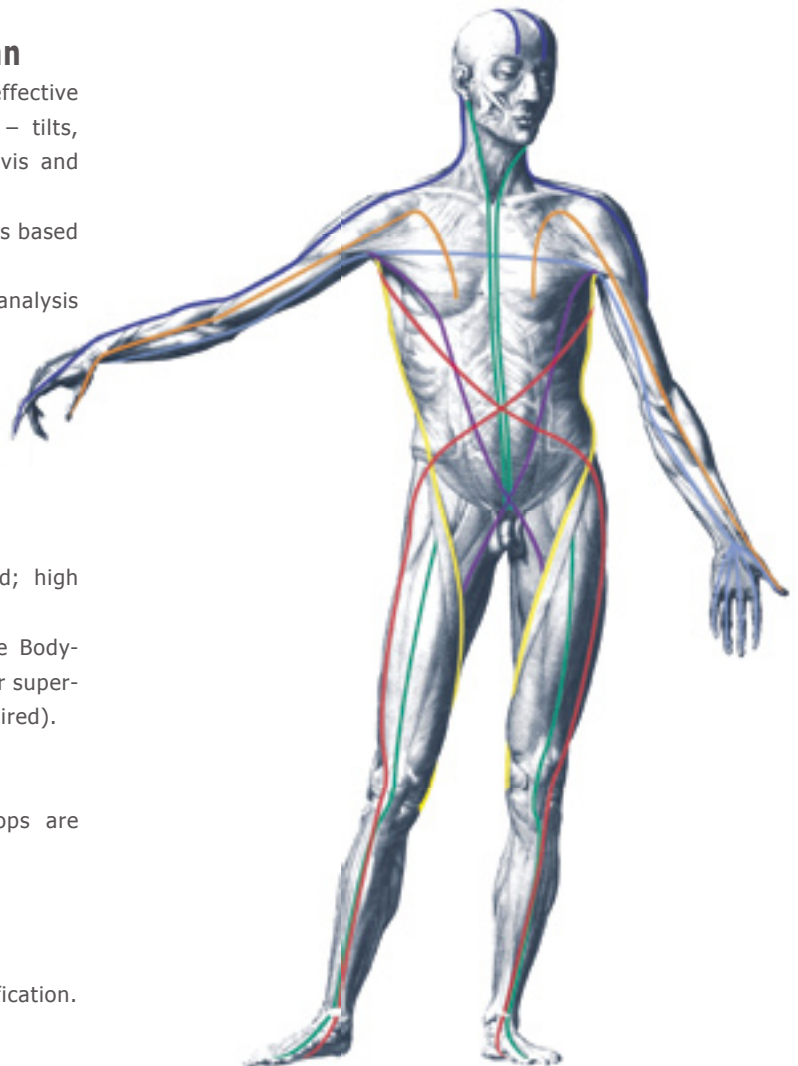
In a follow up to the highly successful Anatomy Trains we present a one-day intensive workshop that expands on skills explored.

**BodyReading is an innovative method of analysing posture. Of particular interest to all styles of practitioner who deal with postural realignment (Massage Therapist, Pilates teacher, Physiotherapist, Osteopath etc), the workshop presents holistic strategies for resolving strain patterns, and finding the «structural keys» to create longer lasting effective work. The more you can see the more efficient your work will become.**

**The ability to visually assess your clients' posture and patterns of compensation is a time-saving skill that focuses your work. Every symptom is part of a larger pattern. Learn to read these larger patterns in terms of where the skeleton is in space, and how the soft tissue creates or maintains this pattern. Understanding these patterns makes your work more efficient and long lasting in its effects.**

## Through this one-day intensive you can

- Learn how to develop and practice a simple but effective vocabulary for describing skeletal relationships – tilts, shifts and rotations in the spine, shoulders, pelvis and legs.
- Develop coherent single or multi-session strategies based on what you see and feel.
- Be able to BodyRead™ postural patterns based on analysis of Anatomy Trains lines.



## Learning Environment

- Illustrated lecture.
- Open inquiry atmosphere; questions encouraged; high degree of vitality and humour.
- Participants will exchange palpation and practice Body-Reading (visual assessment) on one another under supervised analysis of instructor (and assistants if required).

## Teaching Language

- The Anatomy Trains and BodyReading workshops are taught in English.
- Course materials are also in English.

## Prerequisites

- Movement teacher certification or bodywork certification.
- Basic palpation skills are advantageous.

## Contact & Enrolment

For more information and booking your course, contact us or visit our website!

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## Anatomy Trains® Information

For more information about Anatomy Trains® please visit the website  
www.anatomytrains.co.uk | www.anatomytrains.com

## Spring Course

6, 7 and 8 May 2011

## Autumn Course

23, 24 and 25 September 2011

## Venue

SENSE OF SPACE Contemporary Movement Studio  
Zentweg 17a | 3006 Bern | Switzerland

## Course Fee

Early Bird 4 weeks prior to course commencement CHF 810.–  
Regular fee CHF 900.–