

# Anatomy Trains®

## Myofascial Meridians for Therapists

### EXMOUTH DEVON 17<sup>TH</sup> & 18<sup>TH</sup> MARCH 2012.

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.

#### Workshop Format:

The workshop is split into equal time on 1) lecture/presentation, 2) BodyReading™ and postural analysis, and 3) fascial plane and myofascial plane techniques from Tom’s KMI Structural Integration and movement education library.

#### This course helps you:

- BodyRead your client’s postural and movement patterns with greater accuracy and integration
- 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
- Be able to BodyRead™ postural patterns based on analysis of Anatomy Trains lines
- 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.

17<sup>TH</sup> & 18<sup>TH</sup> MARCH 2012

£190. (£100 non-returnable deposit would be required to secure a place)

The Massage Training School, 51, Imperial Road Exmouth, Devon EX8 1DQ

01395 271610 info@themassagetrainingschool.com

Please reserve \_\_\_ place for the ANATOMY TRAINS WORKSHOP 17<sup>TH</sup> & 18<sup>TH</sup> MARCH 2012  
I enclose a deposit of £100 per place (please make cheques payable to “The Massage Clinic”)

Name: \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Tel: \_\_\_\_\_ Mob: \_\_\_\_\_

Email: \_\_\_\_\_ Therapy practiced \_\_\_\_\_

Please complete the above form and send with a cheque to: **The Massage Training School, 51 Imperial Road, EXMOUTH, EX8 1DQ**



#### 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.*