

# The Massage Training School

## Fascial Release Techniques for Structural Balance: The Pelvis

### Anatomy Trains<sup>SM</sup>

**EXMOUTH DEVON 22<sup>nd</sup> & 23<sup>rd</sup> Jan 2011**

This hands-on workshop explores the logic and application of pelvic biomechanics to assessment and treatment of structural/postural imbalance. The pelvis joins the legs to the spine and is the "keystone" of human architecture, as well as many feelings, and the site of many traumas for both men and women. The twenty or so deep, intrinsic muscles surrounding the pelvis are arranged in fans that hold these postures as well as feelings. This workshop explores this 'touchy' area with specificity and sensitivity. Come explore these muscles via palpation and manual therapy techniques for finding, stretching, opening and understanding the deep lateral rotators, adductors, groin muscles and the pelvic floor.

#### Highlights include:

1. The adductors on the side of the thigh
2. The deep lateral rotators and pelvic ligaments
3. The adductors and ischial ramus, with connections to the pelvic floor
4. The psoas complex

This workshop is a short intensive course limited to specific anatomy and heavy on manual soft-tissue technique. Each course focuses on 15 – 20 core 'templates' for technique, which can be applied in different ways for different patterns in your clients. The courses fully explain the intent and scope of each move.

**FEES : £190.** (£90 non-returnable deposit would be required to secure a place)

**VENUE:** The Massage Training School, 51, Imperial Road Exmouth, Devon EX8 1DQ 01395 271610  
**info@themassagetrainingschool.com**

JAMES EARLS



James has been practicing bodywork for over 16 years and has trained in a variety of approaches. He is founder and director of Ultimate Massage Solutions, specialising in Myofascial Release and Structural Integration to rid the body of restrictions and restore the body's natural postural balance. Ultimate Massage Solutions also have a wide range of Books and DVDs aimed at students and practitioners of Bodywork. James has trained with Tom Myers, originator of the Anatomy Trains<sup>SM</sup> theory, and is a registered teacher of his approach. James has travelled widely to learn from some of the top educators in the field and he now teaches a range of courses for schools in Ireland, the UK and Europe. He has worked at the World Triathlon Championships in Hawaii and been invited to work with Premiership Football and Premier League Rugby teams, teaching their Sports Medicine teams and working on "problem" players.

**ANATOMY TRAINS WORKSHOP Fascial Release SAT 22<sup>nd</sup> & 23<sup>rd</sup> Jan 2011**

I enclose a deposit of £90 per place (please make cheques payable to "The Massage Clinic")

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

Address \_\_\_\_\_

Postcode \_\_\_\_\_

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

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

Email: \_\_\_\_\_

Date: \_\_\_\_\_

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