

Thomas Myers'  
**Body Reading 101**  
Instructed by Thomas Myers

**Oct 16-17, 2009**

Fri 8:30am-5:00pm

Sat 9:00am-5:00pm

**Downeast School of Massage  
Waldoboro, ME**

**\$400 or \$350 by Sep 11<sup>th</sup>**

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

*A Two-day workshop ~ 14 NCBTMB credits*

**CONNECT THE DOTS!**

- ❖ Get the latest info on fascia, muscle, and movement
- ❖ Learn the 12 myofascial meridians and treatment strategies
- ❖ Link living anatomy to human growth, development, perception, and consciousness  
*3-D anatomy mapped as you've never felt it before – Anatomy Trains just makes sense! So designed for today's hands-on or movement therapist.*

**SEE THE PATTERNS!**

- ❖ Accurately "bodyread" posture & movement
- ❖ Find the strain beneath the pain  
*Assess your clients in a new way – see how work in one area has positive effects. Lead chronic problems to lasting solutions.*

**SHAPESHIFT!**

- ❖ Learn effective Myofascial and fascial techniques
- ❖ Change stubborn postural "set" in just a few moves
- ❖ Work smarter, not harder  
*Anatomy Trains Myofascial Meridians courses and DVDs give you new techniques (and a new context for your old ones) to transform structure by reaching the deep issues in the tissues.*

**THOMAS MYERS,**  
Thomas Myers trained directly with Dr Ida Rolf, Dr Moshe Feldenkrais, and Buckminster Fuller and has practiced integrative bodywork for over 25 years in a variety of clinical and cultural settings. Former Chair of the Rolf Institute's Anatomy Faculty, and founder-member of the National Certification Board for Therapeutic Massage and Bodywork, Tom currently conducts professional seminars internationally through Kinesis, Inc. Tom is the author of 'Anatomy Trains' published in 2001 by Harcourt Brace, as well as numerous articles for trade magazines and journals.

Tom retains a strong interest in peri-natal issues, and in early childhood somatic education. He sails, writes, and practices on the coast of Maine.

**REGISTER EARLY TO AVOID DISAPPOINTMENT!**

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www.downeastschoolofmassage.net

**Tuition Policy:** We understand that life happens, however cancellation must be requested 7 days prior to class to receive a refund. A \$150 cancellation fee will apply.

Please make checks payable to "Downeast School of Massage"  
PO Box 24 ~ Waldoboro, ME 04572

**TO LEARN MORE ABOUT BODY READING 101**

888 546 3747

207 563 7121

www.AnatomyTrains.com

**HOLISTIC**

**USEFUL**

**FUN**