

Thomas Myers'
ANATOMY TRAINS

Myofascial Meridians for the Manual Therapist

Instructed by Thomas Myers

Oct 15-16, 2010

Fri 9am-5pm Sat 9:00am-5:00pm

**Downeast School of Massage
Waldoboro, ME**

\$400 or \$350 by Sep 11th

THOMAS MYERS, studied directly with Ida Rolf, Moshe Feldenkrais, and Buckminster Fuller, and has practiced integrative bodywork for over 30 years in a variety of clinical and cultural settings. He incorporates many movement and manual disciplines into his practice and teaching. Tom is the author of the best-selling Anatomy Trains (Elsevier 2001, 2009), as well as numerous articles and video programs on fascial technique and dissection. He currently directs Kinesis, which offers professional and CE training worldwide. Tom lives with his wife Quan, on the coast of Maine, and retains a strong interest in perinatal issues, sailing, and music.

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! S 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 effect
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 deeper
issues in the tissues.*

**REGISTER EARLY ONLINE TO AVOID
DISAPPOINTMENT!**

www.dsmstore.net

call 207-832-5531 for other arrangements

Tuition Policy: We understand that life happens, however cancellation must be requested 7 days prior to class to receive a refund. A \$50 cancellation fee will apply.

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

Take both Anatomy Trains and Soft Tissue
Class for \$625.00. See ad for other workshop.

TO LEARN MORE ABOUT ANATOMY TRAINS

888 546 3747

207 563 7121

www.AnatomyTrains.com

HOLISTIC

USEFUL

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