



Anatomy Trains®

by Kinesis UK

Presents
**Myofascial Meridians for
Manual Therapists**
with hosts

Meridian Professional Training in Massage & Simply Holistic Therapies

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' posture and movement.

Anatomy Trains is a revolutionary map for analyzing soft-tissue patterns, and developing strategies for unwinding these patterns via various forms of manual and movement intervention. The Anatomy Trains concept moves beyond mechanical "cause and affect" actions of muscles to the integrative relational connections of real-life functional movement.

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 roughly equal time on 1) lecture/presentation of the concepts and the lines, 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 obvious 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.

Learning Environment:

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

For more information visit:

www.lhmeridian.co.uk & www.AnatomyTrains.co.uk

Venue: To be confirmed - Birmingham, West Midlands
Investment: Early bird registration: £220 (deposit £120 + final £100 by 30th June 2012)
 Late registration: £245 (deposit £120 + final £125 from 2nd July–31st August 2012)
Dates: Saturday 29th & Sunday 30th September 2012
Times: 9am – 5pm
Contact: pauline@simplyholistictherapies.co.uk

Please reserve ___ place(s) for the Anatomy TrainsSM Manual Therapists Workshop in Birmingham on 29-30th September 2012
I enclose a deposit of £120 per place. Cheque(s) made payable to 'Meridian'.

Name: _____ Tel No. (H) _____

Address: _____ Tel No. (W) _____

_____ Email: _____

Postcode _____

Post to: Meridian Professional Training in Massage, Meridian Centre, 834 Yardley Wood Road, Billesley, Birmingham B13 0JE



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 & Brighton.

