



**ANATOMY
TRAIN\$**

Anatomy Trains® for Movement Professionals



Photograph by Lauri Nemetz

Connected Dynamic Anatomy

The map of Anatomy Trains®, as created by Tom Myers, explores distinct myofascial linkages and provides a means to understand holistic human body movement. Movers of all professions (Pilates, personal trainers, gyrotonic, yoga, martial arts, PTs, dancers, creative arts therapists and more) can benefit from this weekend course that brings the Anatomy Trains® book to life through a blend of lecture, experientials and basic BodyReading™.

Anatomy is often taught via the individual muscles, but we will explore the myofascial meridians that link muscle to muscle through the fascial fabric to make sense of the moving body. Gain an understanding of latest information in fascial science, and explore creative new ways of how to problem solve movement patterns through this relational anatomy. Work with your clients more clearly and effectively.

This course is an overview to the Anatomy Trains® concepts for all movement professionals, and may be taken as a stand-alone course, as an intro to further specialty courses, or a refresher of the Anatomy Trains® concepts in action.

Workshop Format:

Time will be spent in the following areas:

- 1 Lecture/presentation of the concepts and the lines.
- 2 Movement experientials to enhance the understanding of the lines.
- 3 Introduction to BodyReading™ and postural / movement analysis to begin to “see” with more accuracy and integration.

Course Objectives:

- Be able to identify and trace the 12 myofascial meridians along which movement, tension, and postural distortion travel.
- Understand basic properties and connected nature of fascia, define tensegrity as it applies to the body, and understand its relevance in human movement.
- Have a basic understanding of how to BodyRead™ postural patterns based on analysis of Anatomy Trains® lines and begin to understand effective treatment strategies for resolving postural distortions, which may occur some distance from the obvious site of pain or limitation.
- Apply knowledge to construct alternative movement strategies to help unwind and resolve the patterns observed.

June 9–10, 2018
Modern Nature Bodyworks
Rochester, NY
\$425 • \$475 after May 1
Presented by: Carrie Gaynor
To Register: 585-455-5868
mnbworks@gmail.com
www.modernnaturebodyworks.com