

Tom Myers
Anatomy Trains

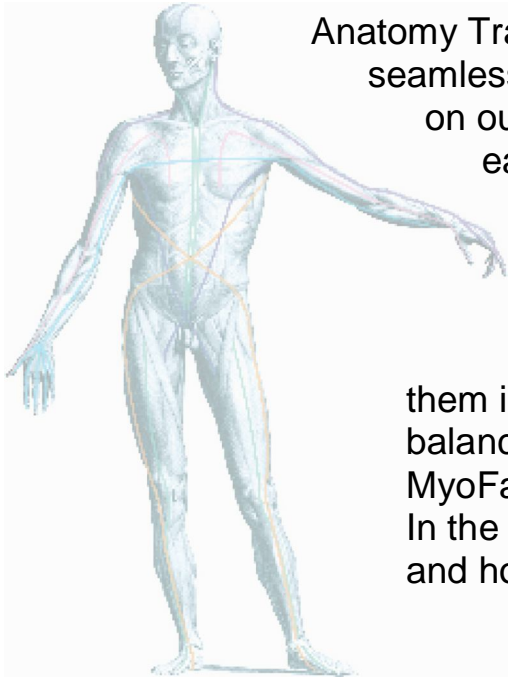
Myofascial Meridians for the Movement Therapist



Anatomy Trains is Tom Myers' revolutionary re-vision of the seamlessness of musculo-skeletal anatomy and how we grow based on our life style choices. It shows how muscles fascially connect to each other, forming a series of myofascial continuities from head to toe. It helps explain why the problem is often not where the pain is and how to track it down.

We will explore the 12 Anatomy Trains and how they either support or hinder our clients. We will learn to *SEE* them in each other and formulate effective strategies to improve balance and function. In the **Bodyworkers** classes we will focus on MyoFascial Release techniques to help bring balance to the body. In the **Yoga** classes we will explore how poses are compromised and how to effectively access the imbalances. **Come explore!**

18 NCBTMB credits



Cape Cod, MA	Jan 16-18, 2009	Yoga
Boston, MA	Mar 20-22, 2009	Bodyworkers
Hartford, CT	April 3-5, 2009	Yoga
Boston, MA	Sep 11-13, 2009	Bodyworkers
Boston, MA	Oct 2-4, 2009	Yoga

(Fri evening, Sat, Sun) \$295 before early registration, \$345 after

617-776-9494 or Eli@EliThompson.com



Taught by Eli Thompson.

Eli is a Certified Kinesis Instructor. He has been a Licensed Massage Therapist since 1999 and a KMI Structural Integrator since 2002. He brings a background of Mechanical Engineering, Martial Arts, and Yoga to his teachings. Eli is a passionate believer in everyone's inherent potential to grow and transform, and finds fulfillment in teaching and practicing KMI, as well as watching his children grow. Learn more at www.EliThompson.com.