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Anatomy Trains Myofascial Meridians
For

This website has been especially
designed for readers of the third
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Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists presents a unique 'whole systems' view of myofascial/locomotor anatomy in which the bodywide connections among the muscles within the fascial net are described in detail for the first time. Using the metaphor of railway or train lines, Myers explains how patterns of strain ...

Anatomy Trains: Myofascial Meridians for Manual and ...

Modeled from Tom Myers' Anatomy Trains art. The Anatomy Trains Myofascial Meridians concept by Tom Myers is quite popular amongst manual and movement therapists. However there has been little scientific evidence to support this concept until recently. Jan Wilke and researchers

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from Goethe University in Frankfurt, Germany searched for the evidence on the existence of six myofascial meridians, as proposed by Tom Myers in 1997.

The Evidence of Anatomy Trains Myofascial Meridians

Students will learn fascial touch, anatomy, manual therapy techniques, body mechanics, BodyReading, and the Anatomy Trains myofascial meridians based on the work of Tom Myers. Prerequisite: Anatomy Trains in Structure and Function – 3 day course. ATSI Part II: Structural Strategies.

Anatomy Trains Structural Integration Training - Bodywork ...

The 12 "myofascial meridians" in the

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Anatomy Trains system join the individual muscles you learned into functional complexes within the fascial fabric – each with a defined anatomy and “meaning” in human posture and movement. Anatomy Trains leads to practical new holistic strategies to improve stability, coordination, and resolve long-standing compensations in postural and movement patterns – whether you are a manual therapist, movement professional, or using self-myofascial ...

Whole-Body Fascial and Myofascial Linkage - Anatomy Trains

In this view, much expanded in our other writings, the Anatomy Trains Myofascial Meridians map the global lines of tension that traverse the entire body’s muscular surface, acting to

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Meridians For Manual
Movement Therapists

keep the skeleton in shape, guide the available tracks for movement, and coordinate global postural patterns.

An Introduction to the Anatomy Trains
8 Myofascial Meridians
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This program summarizes the whole Anatomy Trains Myofascial Meridians system. The "rules of the game" are laid out, as well as each of the 12 myofascial linkages, their components, and relationships in specific detail in a way no ordinary muscle-by-muscle and bone-by-bone anatomy course has ever done. These are explained and illustrated while they are being built onto the skeleton.

Anatomy Trains: Myofascial Meridians DVD

Get a multi-dimensional understanding of musculoskeletal anatomy with Anatomy Trains: Myofascial Meridians for Manual Therapists and Movement Professionals, 4th Edition.

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Anatomy Trains - 4th Edition

Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists
CDN\$ 93.98 In Stock. The new edition of this hugely successful book continues to present a unique understanding of the role of fascia in healthy movement and postural distortion which is of vital importance to bodyworkers and movement therapists worldwide.

Anatomy Trains: Myofascial Meridians for Manual and ...

New section on Anatomy Trains in motion by guest author Karin Gurtner uses Pilates-evolved movement to explore strength and plasticity along myofascial meridians. New addition The Anatomy Trains in quadrupeds (horses and dogs), mapped for equine

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and pet therapies by Rikke Schultz,
DVM, Tove Due, DVM and Vibeke
Elbrønd, DVM, PhD.

****NEW **** Anatomy Trains 4th Edition -
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Tom Myers introduces Anatomy Trains
-- the essential concepts behind this
"map" of the fascial fabric of the body
in this updated video.

<https://www.anatomyt...>

Introduction to Anatomy Trains -
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Thomas Myers, author of Anatomy
Trains, takes you on this journey with
the help of master prosector Todd
Garcia in his Laboratories of
Anatomical Enlightenment. Together,
they reveal a new understanding of

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