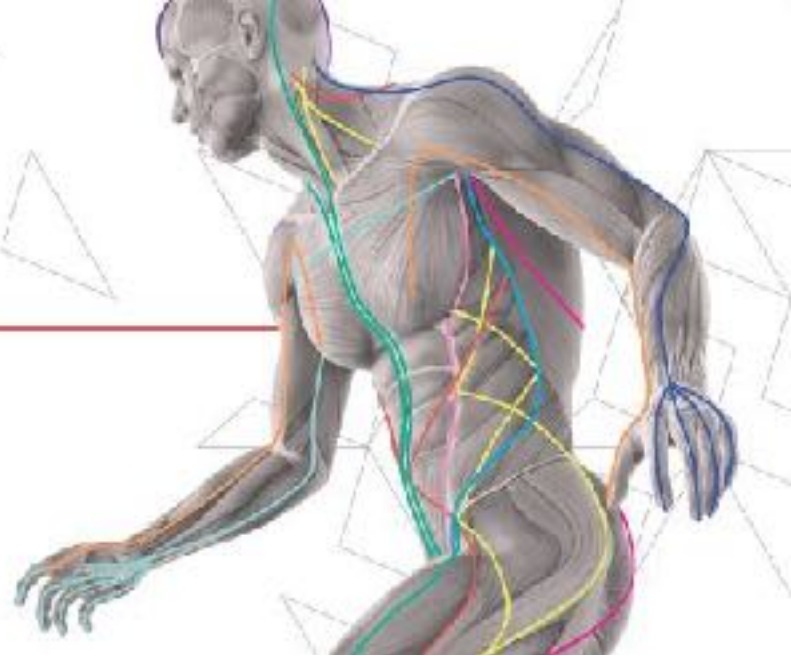




ANATOMY TRAINS



Fiona Palmer

**Myofascial
Meridans
for Manual
& Movement
Therapists**

Anatomy Trains Structure and Function

Clare, Suffolk 9/10/11 November 2018 - £450 early bird, £500 full price.

In this exciting new and more comprehensive format you will learn about the myofascial tissue and its many roles in the body.

Participants will see the fascial tissues in context and how they are interdependent with the other body systems.

From there we begin to appreciate how the body incorporates the Anatomy Train Lines to create easy and graceful movement – provided they are in some form of balance and harmony; restriction or weakness in one section can have many knock-on effects elsewhere.

This workshop will show you how that happens, how to trace the lines of strain and, most importantly, some strategies to deal with them.

This is the first workshop to combine Anatomy Trains theory alongside structural and functional anatomy and analysis.

It blends the concepts of tensegrity with elastic recoil for movement efficiency and illustrates how we use the Anatomy Trains as lines of force transfer.

We will address differential diagnosis to help identify motor control or soft tissue restrictions and where they may be coming from – we will show you the interdependent relationships between many of the tissues and how they interact.

To book your space or for more information

contact: fiona@pilateseastanglia.co.uk 07767384983