

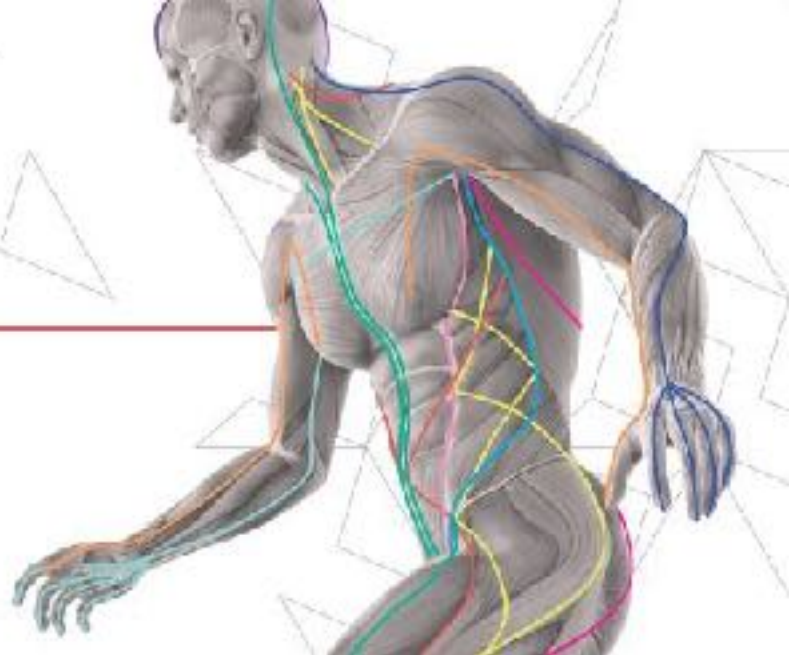


ANATOMY TRAINS



Fiona Palmer

Myofascial
Meridans
for Manual
& Movement
Therapists



Arches and the Legs

Clare, Suffolk 4/5/6th May 2018 - £470 early bird £530 full price.

Underpinning all of our structure is the foot's interaction with the ground, imbalances here clearly have consequences further up the body.

Effective arch balance can be essential for easy and graceful walking, pelvic stability, low back efficiency and even head and neck support.

The feet and legs are literally the foundation for the rest of our structure and this workshop will analyze the bones of the feet and how they conspire to help or hinder the arches.

We will look at the forces coming from the leg muscles and create strategies to help maintain better mechanics by dealing with myofascial restrictions and imbalances.

To book your space or for more information contact:

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