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Anatomy Trains Myofascial Meridians For And Movement Therapists Thomas W Myers

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Anatomy Trains Myofascial Meridians For

This website has been especially designed for readers of the third edition of Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists by Thomas Myers - the worldwide bestseller which helps readers expand their vision and practice to global myofascial patterns.

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Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists will be ideal for all those professionals who have an interest in human movement: massage therapists, structural integration practitioners, craniosacral therapists, yoga teachers, osteopaths, manual therapists, physiotherapists, athletic trainers, personal trainers, dance and movement teachers, chiropractors and acupuncturists.

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Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists will be ideal for all those professionals who have an interest in human movement: massage therapists, structural integration practitioners, craniosacral therapists, yoga teachers, osteopaths, manual therapists, physiotherapists, athletic trainers, personal trainers, dance and movement teachers, chiropractors and acupuncturists.

Anatomy Trains: Myofascial Meridians for Manual and ...

An Introduction to the Anatomy Trains Myofascial Meridians 169 In short, we know the body is interconnected on many levels, but we need better treatment strategies than 'press and pray'. What can we learn when we shift from a 'symptom-oriented' view of the body to a 'system-oriented' one? This myofascial meridians concept provides such a

An Introduction to the Anatomy Trains 8 Myofascial Meridians

Fully updated throughout and now with accompanying website (www.myersmyofascialmeridians.com), Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists will be ideal for all those professionals who have an interest in human movement: massage therapists, structural integration practitioners, craniosacral therapists, yoga teachers, osteopaths, manual therapists, physiotherapists, athletic trainers, personal trainers, dance and movement teachers, chiropractors and acupuncturists.

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Anatomy Trains E-Book: Myofascial Meridians for Manual and ...

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 communicate through the myofascial >webbing', contributing to postural compensation and movement stability. Written in a style that makes ...

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