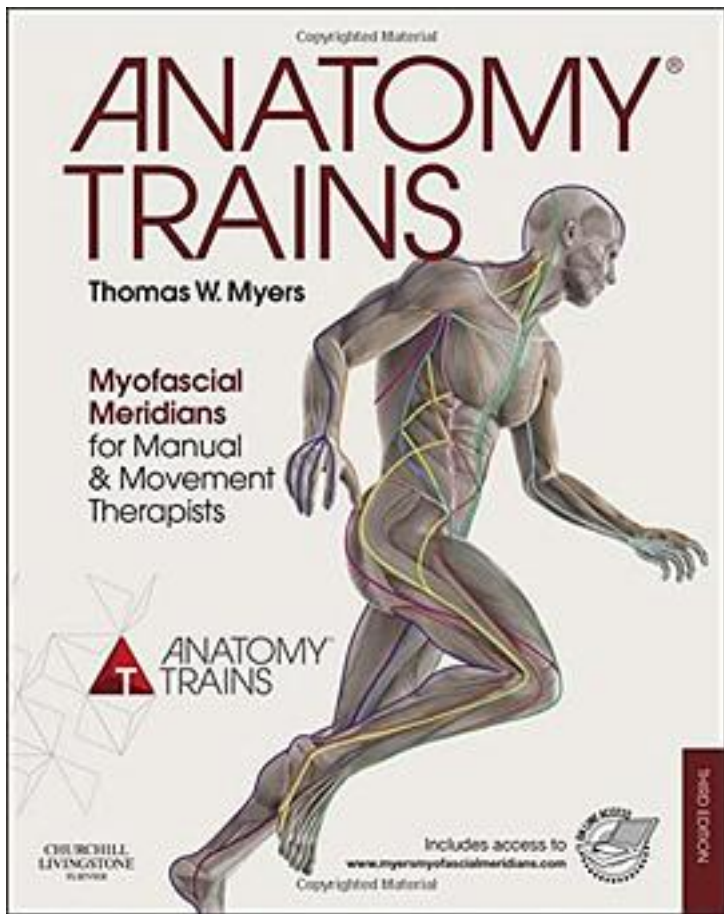


Anatomy Trains



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著者:Thomas W. Myers

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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. 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.

作者介绍:

Thomas Myers studied directly with Drs. Ida Rolf, Moshe Feldenkrais, and Buckminster Fuller, and a variety of movement and manual therapy leaders. His work is influenced by cranial, visceral, and intrinsic movement studies he made with European schools of osteopathy. An inveterate traveller, Tom has practiced integrative manual therapy for over 30 years in a variety of clinical and cultural settings, including 10 years in London, and practices in Hamburg, Rome, Nairobi, and Sydney, as well as a dozen locales in the US. He is a founding member of the International Association of Structural Integrators (IASI). Author of Anatomy Trains and a set of supporting videos, and co-author of Fascial Release for Structural Balance (Lotus, 2010), Tom has also penned over 60 articles for trade magazines and journals on anatomy, soft tissue manipulation, and the social scourge of somatic alienation and loss of reliance on kinaesthetic intelligence. A certified Touch-in-Parenting instructor, Tom retains a strong interest in perinatal issues. Living on the coast of Maine, Tom and his faculty conduct professional certification and continuing education courses worldwide.

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