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**Anatomy Trains
Myofascial Meridians
For Manual And
Movement Therapists
2e 2nd Second Edition
By Thomas W Myers**

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Anatomy Trains leads to new holistic strategies for health professionals, movement teachers, and athletes to resolve complex postural and movement patterns. Anatomy Trains Myofascial Meridians gives you a new understanding of whole-body patterning in posture and function - the interplay of movement and stability.

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Anatomy Trains is the mapping of whole body fascial and myofascial linkages developed by Thomas Myers. Providing continuing education and certification for movement and manual therapy professionals worldwide.

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Myofascial Meridians for Movement ... - Anatomy Trains

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

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to support this concept until recently.

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Dr Andrea Coates Vinson, D.C. Anatomy Trains has become required reading for the advanced Structural Integration and Myofascial Therapy programs of the CORE Institute. Myers has discovered the critical interconnections of the myofascial web and communicates his vision in a language that honors both the art and science of somatic therapies.

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presents a unique whole systems view of
myofascial/locomotor anatomy in which
the bodywide connections among the
muscles ...

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**Anatomy Trains, 2nd ed: Myofascial
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Elsevier)**

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 keep the skeleton in

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

An Introduction to the Anatomy Trains & Myofascial Meridians

Published By Churchill
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no ordinary muscle-by-muscle and bone-by-bone anatomy course has ever done.

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New section on Anatomy Trains in motion by guest author Karin Gurtner uses Pilates-evolved movement to explore strength and plasticity along

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myofascial meridians. New addition The
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and dogs), mapped for equine and pet
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**Die 4. Edition von Anatomy Trains
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Myers developed the myofascial meridians as a way of explaining the role of the fascial system in relation to human structure and function. Myers book Anatomy Trains (2008) has become a leading resource in the study of the fascial network but should be considered in context as only 'one' way of considering the way the fascial network

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can work.

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**An Intro To Myofascial Meridians: In
Structure & Function**

Edited By Thomas W Myers
Published By Churchill
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Anatomy Trains: Myofascial Meridians for
Manual and Movement Therapists. An
accessible and comprehensive approach
to the anatomy and function of the
fascial system in the body combined

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with a holistic overview of myofascial therapy. Many different therapists now use myofascial techniques to influence postural change and pain relief.

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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 ...

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The 12 'myofascial meridians' in the

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