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Introduction to
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Anatomy Trains Tom Myers introduces **Anatomy Trains** -- the essential concepts behind this "map" of the fascial fabric of the body in this updated ...

Anatomy Trains, 2nd ed: Myofascial Meridians for Manual and Movement Therapists (Myers, Elsevier) <http://www.elsevierhealth.co.uk/product.jsp?isbn=9780443>

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1... **Anatomy Trains,**

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Tom Myers:

"Anatomy Trains" |

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Long hours in chairs, in

contact with

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Myofascial Lines

Tom Myers
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And
New to **Anatomy
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Myers introduces you
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***Feeling Your Way
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Sample Lecture: **Myofascial Meridians**

Introduction In these in-depth sessions you will learn the foundations to incorporate fascia-focussed Slings exercises into your preferred ...

Superficial Back Line

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(SBL) - Fascial

Planes In this video we discuss the Superficial Back Line (fascial plane) and its relationship to acupuncture and the kinetic chain.

Tom Myers Fascial Release Technique for the lower leg

From The Deep Front Line (part 1) technique DVD, here is a young(ish) Tom explaining and

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demonstrating a
technique (with ...

Lateral Line - Fascial Planes

In this video
we discuss the Lateral
Line (fascial plane) and
its relationship to both
the kinetic chain and
the Gallbladder

Meridian.

Tibetan Monk Frozen Shoulder Bodywork Session with Tom

Myers Taken at a
rehabilitation hospital

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Tom Myers gives you a
brief tour of the
concept and salient

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