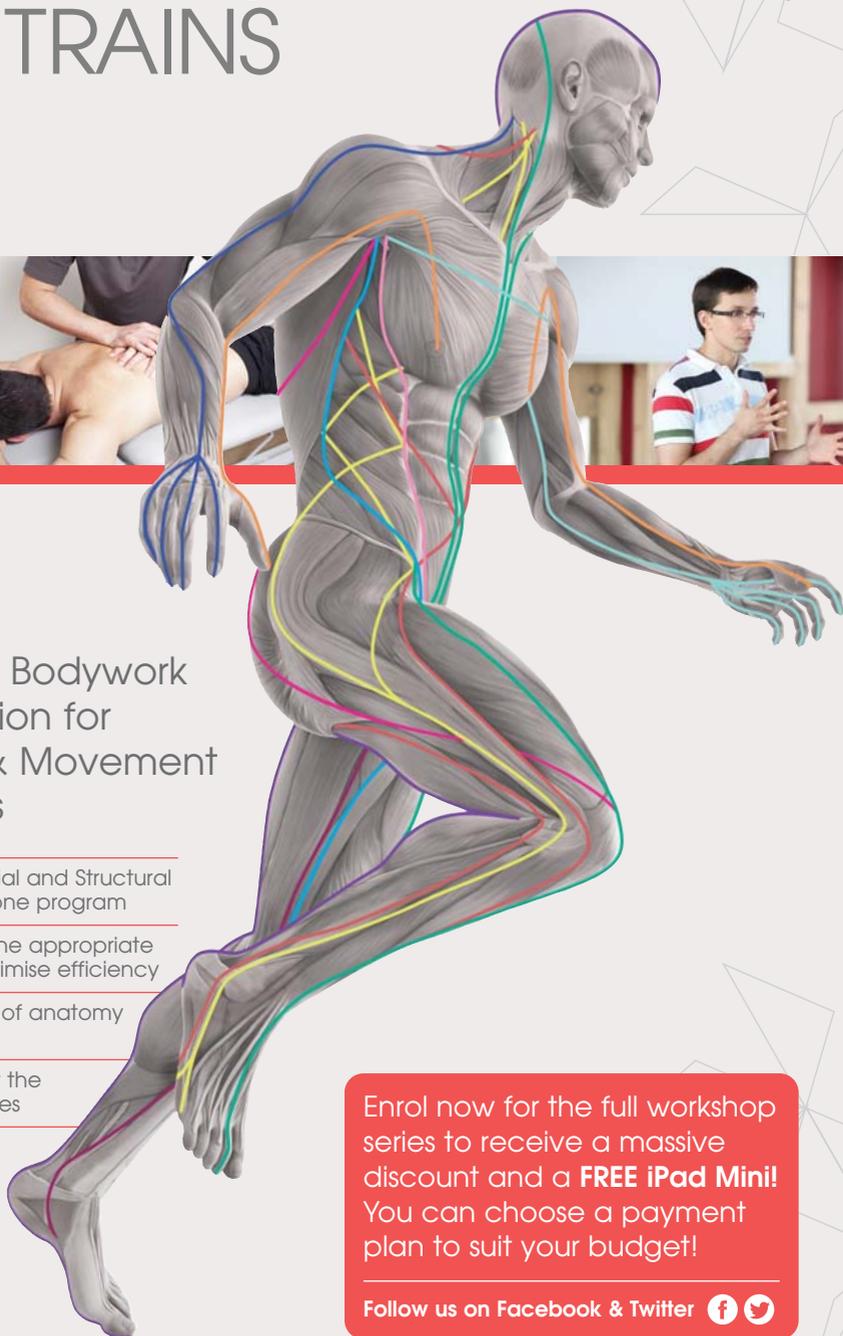




# ANATOMY TRAINS

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## NEW!

### Structural Bodywork Certification for Manual & Movement Therapists

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Functional, Fascial and Structural  
Approaches in one program

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Learn to make the appropriate  
changes to maximise efficiency

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Break the myths of anatomy  
and physiology

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Understand how the  
body really moves

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Enrol now for the full workshop  
series to receive a massive  
discount and a **FREE iPad Mini!**  
You can choose a payment  
plan to suit your budget!

Follow us on Facebook & Twitter  

Anatomy Trains is changing.  
By integrating the most recent research  
and the latest understanding of  
biomechanics and myofascia we have  
updated and improved our training.



The modular, weekend workshop format is designed to give the student more flexibility in their learning compared to the previous longer format.

It is more affordable, requires less time away from work and loved ones and can be taken in any order – letting you decide the speed of your progression through the series.

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Building on the renowned Anatomy Trains and Thomas Myers' style of BodyReading, our training now also includes much more functional assessment which combines, biomechanics and functional anatomy alongside the myofascial meridians.

You will come away with a model of efficient and graceful movement, and a clear understanding of the roles of the various types of fascia and their interactions with the neural and muscular tissues. Most of all, you will learn assessment techniques to identify weak links and a range of effective treatment strategies to correct them.

Beginning with the newly updated Anatomy Trains weekends, we will give you a general overview of the body, bringing you up to date with the newest thinking on how the body 'likes' to move.

By analysing the bones and joints we can see the channeling effects of the forces through the body and how they fit into the Anatomy Trains model to create a map of the body's response during normal function.

Each subsequent weekend will build on the introduction, deepening your understanding of the area covered and including new assessments and techniques to create a comprehensive analysis and treatment system.

It is a system that allows the therapist to design unique, dynamic and effective interventions for each client, strategies that will allow them not only to feel better but also move with greater ease and comfort.

## Anatomy Trains in Structure & Function

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In this new and expanded workshop format you will learn about the myofascial tissue and its many roles in the body. You will begin to appreciate how the body incorporates the Anatomy Train Lines to create easy and graceful movement – provided they are in some form of balance and harmony; restriction or weakness in one section can have many knock-on effects elsewhere.

This workshop will show you how that happens, how to trace the lines of strain and, most importantly, how you can develop strategies to deal with them.

This is the first workshop to combine Anatomy Trains theory alongside structural and functional anatomy and analysis, blending together the concepts of tensegrity with elastic recoil for movement efficiency.

- **Get the latest information on fascia, muscle, and movement.**
- **Be able to identify the 12 myofascial meridians and their link to human growth, development, perception and consciousness.**
- **Accurately “BodyRead” posture and movement; assess your clients in a new way.**
- **Gain effective myofascial and movement strategies.**
- **Develop treatment strategies specific to your clients’ structural and functional patterns.**

**Anatomy Trains in Structure & Function courses give you new techniques to transform structure by reaching deeper issues in the tissues.**

## Anatomy Trains in Structure & Function (formerly ATI & ATII)

**Dates:**

25-26 June & 16-17 July 2016 – Sheffield

3-4 September & 1-2 October 2016 – Suffolk

12-13 Sept & 24-25 Oct 2016 – London

4-5 & 18-19 February 2017 – London

## Fascial Release & Functional Movement Series

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Designed with the busy therapist in mind, these workshops can be taken in any order. The unique circular skill-building which is inherent in the system means that you do not have to fit your diary around ours. Each workshop can stand on its own to give you new understanding of each area and how the structural and functional anatomy relates to many common issues.

### Arches & Legs

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We will look at the structure of the foot and its interaction with the ground and the forces coming from the leg muscles, creating strategies to improve mechanics by dealing with myofascial restrictions and imbalances.

**Dates:**

14-16 October 2016 – Suffolk

17-19 March 2017 – London

### Fans of the Hip

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The hip and pelvis combine to transfer the forces from two legs to one spine and therefore have a hugely complex role to fulfil in the body. This course sheds light on the pelvis – the keystone of human architecture – by organizing the 20 or so muscles of the pelvis into three fans. Get specific with sensitivity.

**Dates:**

13-15 May 2016 – Oxfordshire

11-13 November 2016 – Suffolk

21-23 April 2017 – London

### Abdomen, Breath & Chest

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This workshop focuses on the rib cage and its relationship with the pelvis and how structural issues in the trunk can compromise the breath.

**Dates:**

17-19 June 2016 – Oxfordshire

19-21 May 2017 – London



Check our website for full details:  
[www.anatomytrains.co.uk](http://www.anatomytrains.co.uk)



## Tensegrity Spine

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This workshop examines the spine as a tensegrity truss. The spine is an integral part of our structure and we all know the painful effects of incorrect mechanics when it doesn't work. However, we often fail to appreciate the wonderfully adaptive job it does when the vertebrae are allowed to 'float' in myofascial balance.

### Dates:

23-25 September 2016 – Oxfordshire

16-18 June 2017 – London

## Shoulders & Arms

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You will learn to recognize 'ideal' and compensated patterns and how to tie them into the story of the rest of the body. This will allow you to see what work needs to be done to create lasting results for this region of the body.

### Dates:

21-23 October 2016 – Oxfordshire

14-16 July 2017 – London

## Head, Neck & Jaw

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The neck is a remarkable feat of biomechanical engineering and this course will focus on key areas of the neck and jaw complex to enable you to create successful strategies and thereby set the body up for long-lasting change.

### Dates:

4-5 June 2016 – Exmouth

26-27 November 2016 – Oxfordshire

2-3 September 2017 – London

## Structural Bodywork Certification Module

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Learning the 3-Session Series - after completing the full series of FRSB workshops you will be able attend the final 8-day section (3 days on, 2 days off and 5 days on). You will learn how to combine them into a 3-session format to create a powerful tool in producing long-lasting change and benefits for your clients. Sessions will be demonstrated in class. You will then exchange the series with a class partner before working on an outside model to ensure your familiarity and competence with the full process.

### Dates:

16-26 February 2017 – Oxfordshire

21 September – 1 October 2017 – London

## Guest Workshops

### Anatomy Trains in Motion

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#### Dates:

19-21 August 2016 – Bern

30 September - 2 October 2016 – London

7-9 October 2016 – Piacenza

14-16 October 2016 – Torun

21-23 October 2016 – Madrid

28-30 October 2016 – Amsterdam

4-6 November 2016 – Dortmund

11-13 November 2016 – Bergen

## Scar Tissue Release I & II with Marjorie Brook

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### Dates:

7-8 & 9-10 October 2016 – London



Check our website for full details:  
[www.anatomytrains.co.uk](http://www.anatomytrains.co.uk)



The series combines manual and movement philosophies to offer a unique skill-set to all therapists: you will learn to see and understand 3-dimensional movement, identify soft-tissue patterns, and correct them with the most appropriate method.



You will no longer be tied to either couch-based or mat-based thinking. This series will get you and your clients co-operating, using both movement and touch, to build

healthy tissue and movement patterns.

If you would like to develop your skills beyond the massage table, the exercise mat or the reformer, understand why you perform various interventions and be able to see 3-dimensional movement then this is the series for you.

Hope to see you on a workshop soon,

**James Earls**

## Anatomy Trains Series – Worldwide Dates

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### Anatomy Trains in Structure & Function (formerly ATI & ATII)

9-12 June 2016 – Lublin

16-19 June 2016 – Antwerp

1-4 September 2016 – Warsaw

9-12 September 2016 – Krakow

15-18 September 2016 – Oslo

15-18 September 2016 – Stuttgart

22-25 September 2016 – Amsterdam

29-30 Sept & 1-2 Oct 2016 – Budapest

8-9 & 22-23 October 2016 – Geneva

10-13 November 2016 – Bornholm

8-11 December 2016 – Antwerp

13-16 January 2017 – Stockholm

2-5 February 2017 – Bergen

6-9 April 2017 – Oslo

14-17 September 2017 – Oslo

26-29 October 2017 – Bergen

1-4 February 2018 – Bergen



Check our website for full details:  
[www.anatomytrains.co.uk](http://www.anatomytrains.co.uk)

## Fascial Release & Functional Movement Series – Worldwide Dates

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### Arches & Legs

20-22 May 2016 – Bergen  
24-26 June 2016 – Torun  
1-3 July 2016 – Amsterdam  
28-30 October 2016 – Krakow  
5-7 May 2017 – Bergen

### Fans of the Hip

3-5 June 2016 – Bergen  
26-28 August 2016 – Torun  
9-11 September 2016 – Amsterdam  
18-20 November 2016 – Krakow  
25-27 November 2016 – Kiev  
2-4 June 2017 – Bergen

### Abdomen, Breath & Chest

20-22 May 2016 – Torun  
17-19 June 2016 – Bergen  
21-23 October 2016 – Torun  
20-22 January 2017 – Krakow  
30 June & 1-2 July 2017 – Bergen

### Tensegrity Spine

17-19 June 2016 – Torun  
2-4 September 2016 – Bergen  
17-19 February 2017 – Krakow  
30 June - 2 July 2017 – Amsterdam  
8-10 September 2017 – Bergen

### Shoulders & Arms

16-18 September 2016 – Torun  
22-24 September 2016 – Budapest  
21-23 October 2016 – Bergen  
24-26 March 2017 – Krakow  
15-17 September 2017 – Amsterdam  
13-15 October 2017 – Bergen

### Head, Neck & Jaw

20-21 June 2016 – Espoo  
25-26 June 2016 – Krakow  
24-26 September 2016 – Budapest  
8-9 October 2016 – Torun  
19-20 November 2016 – Bergen  
22-23 April 2017 – Krakow  
18-19 November 2017 – Amsterdam  
18-19 November 2017 – Bergen

### Structural Bodywork Certification Module

2-4 & 7-10 August 2016 – Espoo  
3-6 & 9-13 November 2016 – Torun  
9-12 & 15-19 March 2017 – Bergen  
30 March - 9 April 2017 – Amsterdam  
8-11 & 14-18 March 2018 – Bergen

# ANATOMY TRAINS

Save by investing up-front

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**Option 1:** Save by investing up-front for the full training (AT Structure & Function, FRSB Series & SBCM) and it will cost you £4,300 if paid in full AND you will also receive a free iPad Mini with all the course materials.

or

Pay by installments £1,200 deposit and 5 payments of £660.

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**Option 2:** Want to be sure the programme is for you? Take AT Structure & Function together for £620. If you decide that the rest of the programme is for you, then invest £4,250 if paid in full for the remaining FRSBs and SBCM you can still receive the free iPad Mini with all the course materials.

or

Deposit £1,200 and 5 payments of £610.

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**Option 3:** Pay as you go and you will be able to buy the iPad Mini with all the course materials for £200.

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**Note:** Options only apply to the Oxfordshire/London dates.

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please contact us at:  
Tel: +44 (0)28 9058 0764 or  
[workshops@anatomytrains.co.uk](mailto:workshops@anatomytrains.co.uk)  
or check our website for full details:  
[www.anatomytrains.co.uk](http://www.anatomytrains.co.uk)

