

## ANATOMY TRAINS MYERS%0A

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## [Anatomy Trains - Official Site](#)

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. [Anatomy Trains: Myofascial Meridians for Manual and ...](#)

Anatomy trains reads like a text book and can be a little dense for the average reader. As a yoga teacher it has deepened my understanding of fascia and how everything is connected. There is certainly a lot of information that is beyond my scope and is more accessible to body workers like chiropractors and massage therapists, however it is a great resource. I can certainly take the information [Anatomy Trains, Yoga and the Power of Connections: An ...](#)

Tom Myers is the author of Anatomy Trains, a book that reimagines our anatomy as an interconnected, holistic system instead of a series of independent parts. In this interview he talks about how the Anatomy Trains concept can help yoga teachers and yoga practitioners get a deeper understanding of

## [Anatomy Trains - YouTube](#)

Anatomy Trains is pleased to introduce a new webinar, The Deep Front Line: A New Concept of Core, presented by Tom Myers. You will discover a new understanding of your core that is markedly different.

## [Anatomy Trains - Home | Facebook](#)

Join Anatomy Trains author and master bodyworker Tom Myers and Anatomy Trains in Motion developer and founder of art of motion Academy in beautiful Maui, Jan. 21-26, 2019, for an all-inclusive retreat.

## [About - Anatomy Trains](#)

Anatomy Trains links the individual muscles into functional complexes, each with a specific anatomy and meaning. Anatomy Trains leads to new holistic strategies for health professionals, movement teachers, and athletes to resolve complex postural and movement patterns.

## [ANATOMY TRAINS - Tom Myers Full Interview](#)

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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 is a resource that gives inspiration for anyone who works with the human organism, for practitioners of various manual fields, for movement teachers and for educators in a larger sense. This book is written in a way, that it leads directly into practical application.

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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.

### **Core Strengthening from the inside out 3-24-17 rev OPTA ...**

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