



Myofascial Body Map for Movement

Anatomy Trains in Motion is filled with functional anatomy, movement relevant information and practical applications that not only sound good on paper, but also work well in real life.

At the heart of the course are the myofascial meridians. Understanding the lines' integral anatomy, workings, sensory qualities and relationships are invaluable for body reading, clear movement intention, lesson planning and teaching. Yes, myofascial meridians are so much more than 'lines' that can be 'superimposed' onto exercises!

The essential events of walking, or said differently, the necessary motions for engaging myofascial meridians efficiently in gait, are a theme that runs throughout the 3 days.

All of the theory is "translated" into movement with lots of exercises, functional sequences and a specifically designed Anatomy Trains in Motion lesson.

If you love integral anatomy and want to gain an extensive understanding of the Anatomy Trains body map through movement, this course is for you.

Click here for a brief introductory video

REGISTER EARLY TO SECURE A SPACE!

Duration: 3 days/21 hours

Prerequisite: Movement or Bodywork Certification

Certificate: Certificate of Participation

Saturday July 22nd, 2017 9:30am - 5:30pm

Sunday July 23rd, 2017 9:30am - 5:30pm

Monday July 24th, 2017 10:30am - 6:00pm

Location: Albany Pilates and Yoga Studio

Cost: \$1,000

*Groups of 4 or more get a 10% discount

*Max 19 Participants

Registration: \$400 deposit required to reserve your space; payment in full by June 1st, 2017.

Payments can be made to:

Denise Carter

Tel: (242) 428-1072

Pilates Bahamas

Lyford Cay Shopping Centre

2nd Floor