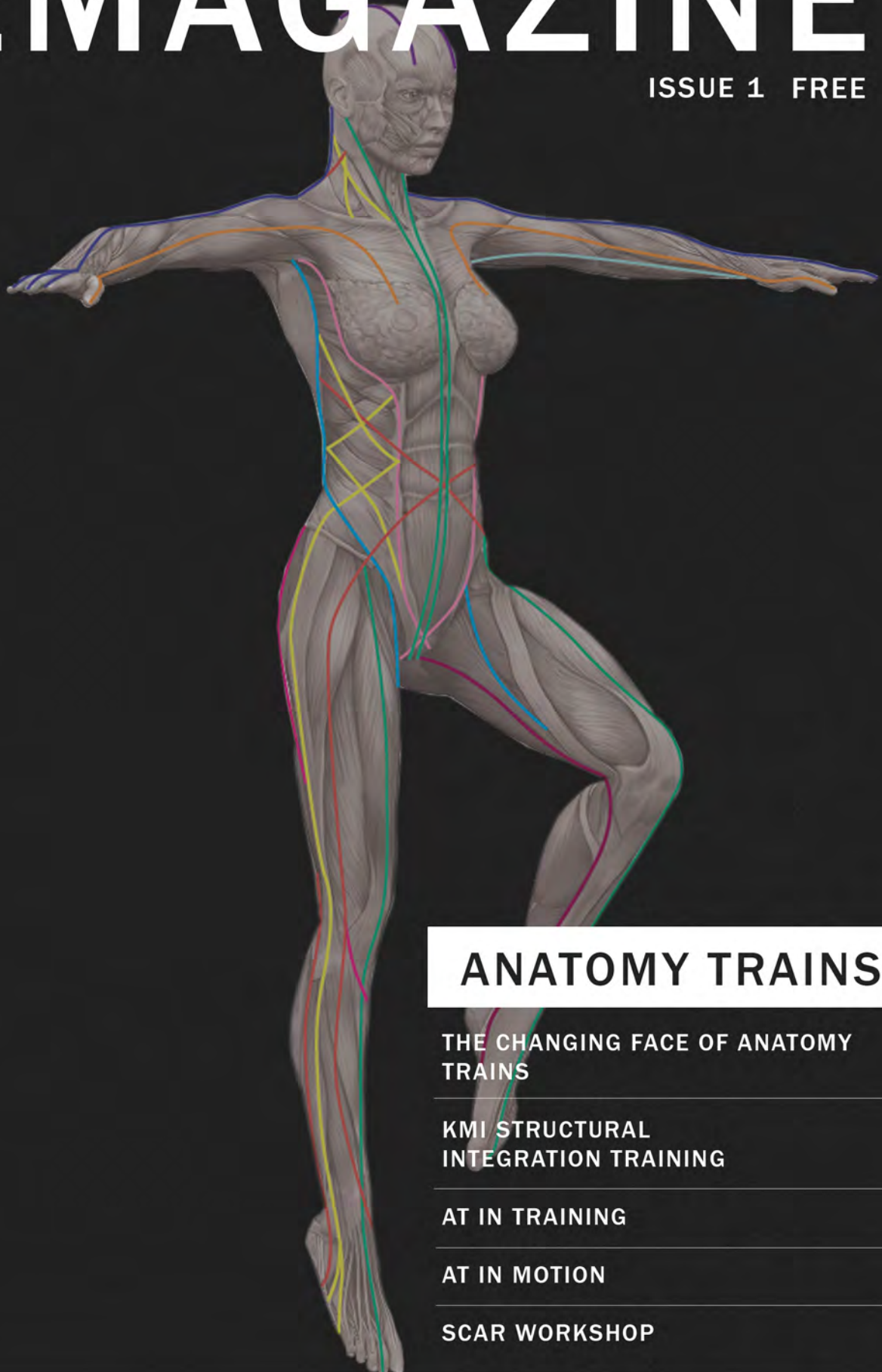




EMAGAZINE

ISSUE 1 FREE



ANATOMY TRAINS

THE CHANGING FACE OF ANATOMY
TRAINS

KMI STRUCTURAL
INTEGRATION TRAINING

AT IN TRAINING

AT IN MOTION

SCAR WORKSHOP

Welcome,

I spend a lot of time on planes and it was during one of my long international flights I came up with the idea of an E magazine for Anatomy Trains Australia. It was one of those ideas that seemed like a good idea at the time.....

When I do a workshop it is often hard to tell exactly what the workshop or the presenter is going to be like from a small piece of writing on a flyer. My idea was to get each of the upcoming presenters to write an article and a small biography so you can find out a little bit more about the workshop and presenter. So here it is: welcome to the first edition of our Anatomy Trains Australia E magazine.

Our E mag will come out twice a year and it is a great way of keeping you informed of our upcoming workshops. This first magazine is about the changing face of Anatomy Trains and the new workshops that have evolved from the Anatomy Trains concept. Our Australian office is part of the global Anatomy Trains family and we have two European teachers coming out to teach in Australia in 2016. Ari -Pekka Lindberg represents Anatomy Trains Finland and will be presenting his new workshop Anatomy Trains in Training and Don Thompson is part of the European teaching team and will be teaching the last module of part 2 KMI Structural Integration training.

At the end of the magazine is a summary of all our workshops for 2016 making it easier for you to plan ahead. Thomas Myers will be back in Australia in March to kick off the 2nd KMI Structural Integration training in Australia and we thought it was only fitting he wrote the first article for the E magazine.

Happy reading



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TABLE OF CONTENTS

01

The changing face of Anatomy Trains
Tom Myers

02

Anatomy Trains structural and functional
James Earls

03

KMI structural integration training
Julie Hammond

04

KMI- student perspective
Nikita Hill

05

AT in Motion
Karin Gurtner

06

AT in Training

07

Scar workshop
Marjorie Brook

08

Movement
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THE ANATOMY CHANGING FACE OF TRAINS OF TOM MYERS

Anatom Trains is a map of connectivity, and as we have discovered in a decade of fascial research since the book was first published in 2001, there was a lot more connectivity to discover - so Anatomy Trains is just one map, and perhaps an inadequate one at that. But in the 1990's, when I developed the concept, and the 2000's-ies when I started doing classes after the book was first published, there was so little written about fascia and connected anatomy.

Somehow the book fit the zeitgeist of the time and so many people - in the recent Fascial Research Congress and again at a couple of large fascial therapy and fitness-based forums in Europe this year - so many people have stopped to tell me that Anatomy Trains was their 'way in' to see the value of considering the value of fascia in their work.

Now it is almost 2016, fifteen years since the book was first published. I had privately hoped that the book might sell 5000 copies, but feared that might be too ambitious a goal. The book is now available in 12 languages, and is in its 3rd edition with over 150,000 copies available worldwide. We have classes on every continent save Antarctica (can't seem to interest the penguins). There are offices in the US, UK, and Australia, and approved faculty in those and many other countries. This has been very gratifying personally, and empowering for any number of therapists who see holistically but lacked a 'frame' into which to put their observations.

Also gratifying is how many different professions have taken on Anatomy Trains classes - this weekend I taught a group combining orthopedic surgeons, sports doctors, osteopaths, rehab physiotherapists, yoga and Pilates teachers, personal trainers, physical education teachers and athletic coaches. This fits nicely with my own mission of bringing professions together to 'cross-pollinate' - meaning at the most basic level to understand what each other are doing (which many don't), at a second level to have us all start using terminology in the same way (every profession has its 'jargon'),

and finally to tackle together the challenge of increasing pain and dysfunction for homo domesticus - the new species of industrialized human that has us sitting so much, attached to electronics for better or worse, and without the demands of the hunter-gatherer or these days even the farmer to bring our bodies 'into shape'.

Anatomy Trains is a natural for this cross-pollination project as it is simply a map, not a proscription, and thus can be useful to any method. That it has been so widely accepted - with about 10,000 people going through our short courses over the years, in ever-increasing numbers - is a source of great pleasure to me, as well as a slightly guppy responsibility.

THE ANATOMY CHANGING FACE TRAINS OF TOM MYERS

Thanks be to God I do not bear that burden alone; I have been fortunate to be joined by talented teachers who have pushed me to learn more, and then gone past me altogether. James Earls is first among equals here, having established a strong business in UK and written up a book of our manual techniques. Recently he has expanded the game significantly by applying fascial elasticity and Anatomy Trains to classical gait kinematics (and thus the dynamics of movement rehabilitation) in his new book, Born to Walk.

Karin Gurtner in Switzerland, who has been deepening and developing the practice of contemporary Pilates, is now joining with Anatomy Trains to produce a stepped methodological approach to balanced movement practice - available now in Europe and Australia, and coming soon to the US. Ari-Pekka Lindberg of Finland has developed a more athletic approach to Anatomy Trains in Training, and application to specific forms of yoga, physical education, and psychosomatic expression are being added to the mix. It is both a great pleasure and a lot to keep up with.


Inevitably, some people have taken the idea and run with it, some with less understanding than others. I am of course grateful that people with SMR rollers, fascial acupuncture, kinesiotape, and a host of other methods have invoked the Anatomy Trains to explain their theories or guide their practice. In truth, some of these applications conform to our understanding, some less so, but in all cases I hope the ideas are helpful to people at many levels of understanding.


As Anatomy Trains has become better-known, it has also attracted some criticism - some well-founded, some carping from afar. We endeavor to take the critiques on board and improve our accuracy with each iteration of the books, videos, and classes. It is a rapidly changing world, this field of body posture and movement and biomechanics, and we are grateful to see the fascial connections we have mapped being borne out through research, and humbly make corrections when it is not.

Of course the rise of the Anatomy Trains has been paralleled by the rise of the internet, so I am glad to contribute to this e-magazine, a devout effort to reach more people and give them easy access to the ideas of fascia and the Anatomy Trains.

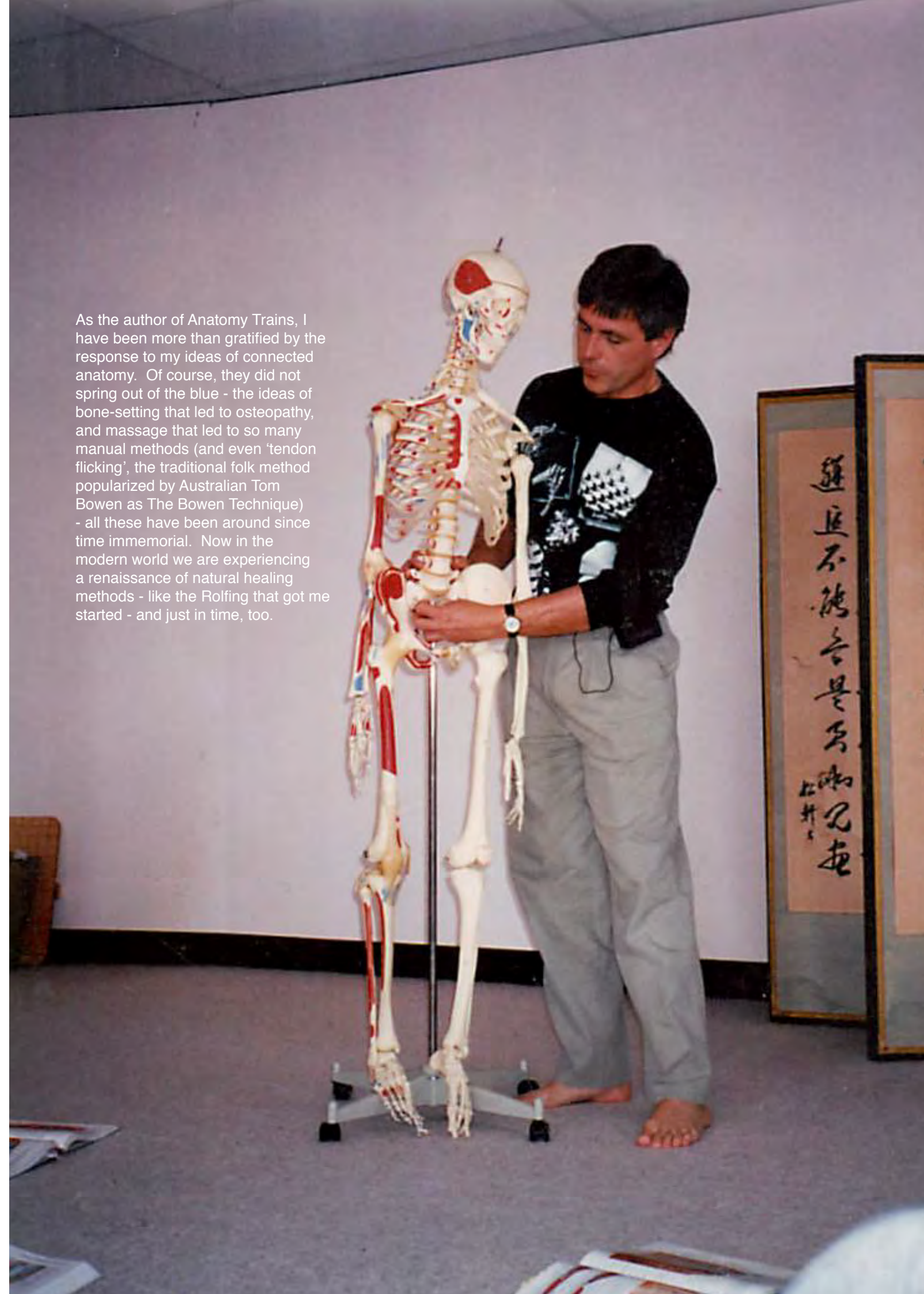
As the author of Anatomy Trains, I have been more than gratified by the response to my ideas of connected anatomy. Of course, they did not spring out of the blue - the ideas of bone-setting that led to osteopathy, and massage that led to so many manual methods (and even 'tendon flicking', the traditional folk method popularized by Australian Tom Bowen as The Bowen Technique) - all these have been around since time immemorial. Now in the modern world we are experiencing a renaissance of natural healing methods - like the Roling that got me started - and just in time, too.

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Thomas Myers

Professional Certification in Structural Integration

Join us for the 2nd KMI Training in Australia starting in March 2016



Part 1 - Structural Vision

presented by Thomas Myers

Dates: 2 - 5th March

City: Sydney

Length: 4 days

Cost: \$1700

Price includes three webinars:

Contact: Phillippa - info@kmiaustralia.com

Thomas Myers will be returning to Australia to kick off the 2nd KMI Training Program, after the huge success of our first ever KMI Training in 2014/15. He brings with him, his unique perspective on fascia, his new research on the human condition as it applies to our bodies in the electronic world, and the methods we can use to restore ease and balance to the body in motion.

This is a fantastic opportunity to learn from one of the best international presenters, in a small group environment. This is the beginning of your Structural Integration journey and Tom will be introducing you to:

- A coherent philosophy of manual therapy
- Body Reading vocabulary and practice
- Fascial planes and Anatomy Trains
- Embryology and evolution of tissues, shape and movement



For more information:
email: info@kmiaustralia.com
www.anatomytrainsaustralia.com



Fascial Release For Structural Balance: Head, Neck & Jaw

The FRSB workshops can be taken as stand alone workshops or as credits towards the full KMI training

Speaker: Thomas Myers

Date: March 21st & 22nd

Venue: TBC

City: Auckland

Country: New Zealand

Price: \$700 AUD Early Bird Before 15th January, thereafter \$750 AUD

Course Description:

The **Fascial Release for Structural Balance** (FRSB) workshops are a set of intensive soft-tissue technique courses, divided into functional regions. Each course thoroughly conveys 15 – 20 technique 'templates', designed for versatile application for the different patterns your clients bring to you.

The neck is a remarkable feat of biomechanical engineering, giving a combination of a wide range of movement but maintaining a structural strength. It is often seen as the last site of compensation as it corrects for any alteration from below, allowing the eyes and ears to orient to the horizon. Patterns can of course work their way in the other direction, and particularly from the jaw and its many possible patterns of movement and holding. This course will focus on key areas of the neck and jaw complex to allow you to build successful strategies to ease these potential problem areas, alleviating the issues working in both directions and setting the body up for a longer lasting change.



For full workshop information contact info@anatomytrainsaustralia.com



ANATOMY TRAINS

STRUCTURE AND FUNCTION

JAMES EARLS

Anatomy Trains has evolved. Manual and movement therapies have changed over the last few years. There is cross-fertilization between the modalities – movement therapists are using various soft-tissue applications once thought to be the domain of the manual therapist, while the table-based practitioners are now getting their clients up and off the couch to move.

Our new workshop series embraces these changes, leading you on a journey to seeing, understanding and treating the body as a moving, interactive, contextual whole.

Anatomy Trains first grew out of Tom Myers' work within Structural Integration, a discipline embedded within the postural paradigm. Originally published in 2001, the 'Anatomy Trains' book was a world-wide success gaining popularity across disciplines that were thankful for the new, connected anatomy it provided. Subsequent years saw a second and third edition, along with ground-breaking dissections and research projects, as well as workshops and trainings world-wide.

This dedicated work and investigation has resulted in a general acceptance of the Anatomy Trains model. We now know the body is an interconnected whole and this has led us to a different question - why do we have 'Anatomy Trains'?

The answer is, of course, to move. To have a full understanding of movement – function - we need to fully understand the various tissues in the body - nerve, bone, muscle and fascia (to name a few) – and how they interweave to create efficiencies for the transfer and distribution of forces.

In our newly designed workshop, 'Anatomy Trains in Structure and Function', we will start you on an exciting journey to a new level of understanding of the implications of the myofascial continuities. We will explore the fascial system, how it reacts to and informs the other systems, and how the fascial tissues give us energy efficient ways of dealing with the requirements of movement. Using functional based assessments we will explore some of the areas that may be causing difficulties for your clients and give you skills to address them.

The 'Anatomy Trains in Structure and Function' workshop serves as an introduction to the full-system thinking and approach our school has pioneered, and gives you immediately useful skills that can be put to use the next day in your clinic or studio. These skills change the way both movement and manual therapists look at and analyse the body, leading to new and creative ways to design treatment strategies.

ANATOMY TRAINS

STRUCTURE AND FUNCTION

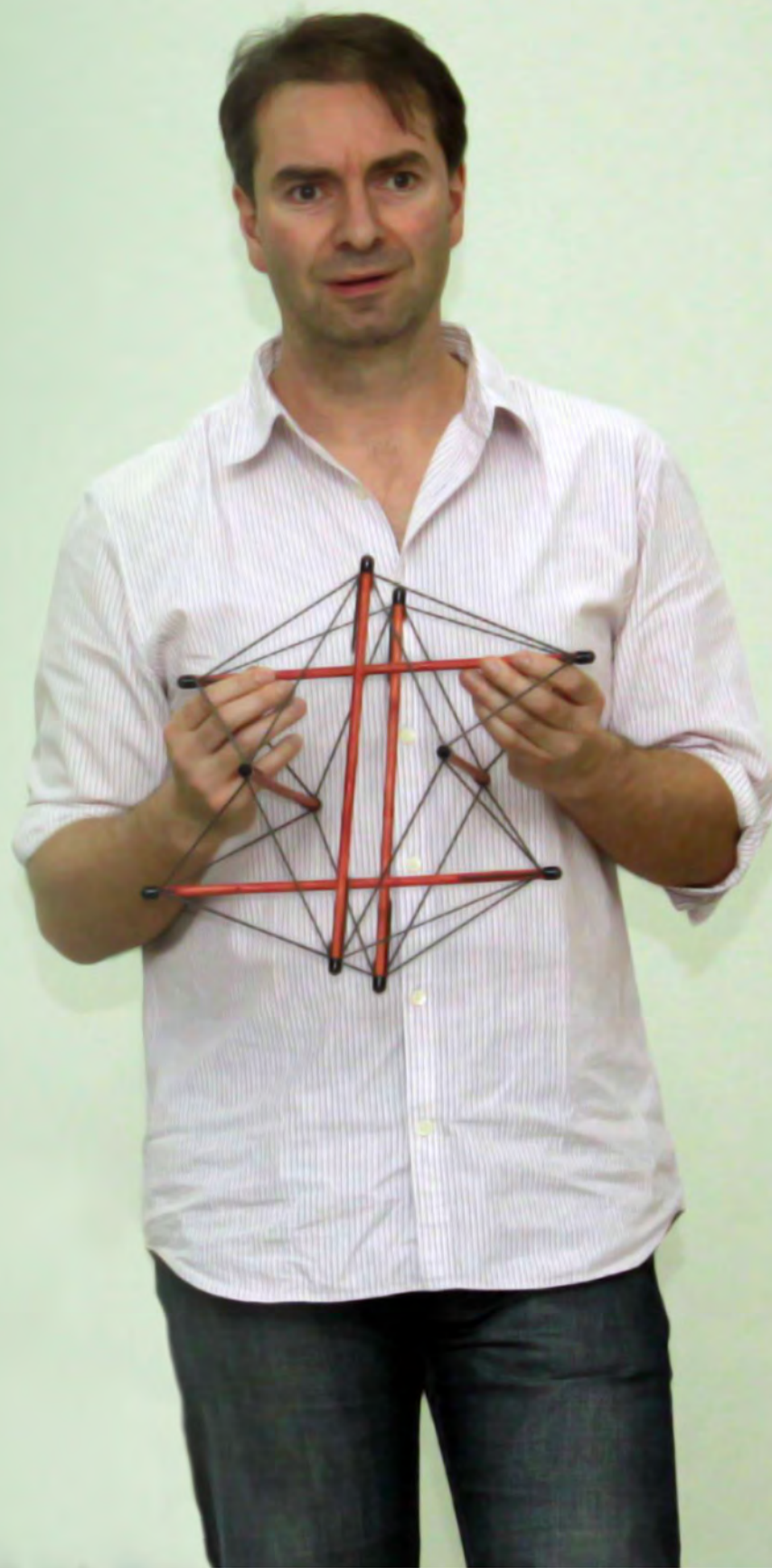
JAMES EARLS

For therapists looking for an even greater depth of understanding and supervised learning, we have created a more detailed series of workshops and trainings.— ‘Arches and Legs’, ‘Fans of the Hip’, Abdomen, Breath and Chest’, ‘Tensegrity Spine’, ‘Shoulders and Arms’ and ‘Head, Neck and Jaw’. If taken in that order, the workshops let you skill-build with a designed sequence of principles that underpin the many anatomical, movement and manual therapy approaches we will combine.

After completing the series of workshops you can then choose to put all of the learning into the context of a 3-session series and attend the ‘Structural Bodywork Certification Module’. In this 8-day training, we return to the full-system thinking, combining all of the accumulated knowledge to perform a safe and effective series of sessions to bring ease and balance to the client.

The final, pinnacle piece of our programme, only open to those who have been practicing the 3-session series for a number of months, is the Structural Integration training. In this 30-day training we will teach you a 12-session series that is the blended stories of Tom Myers’ and Dr. Ida Rolf (the originator of ‘Structural Integration’). Future articles in this newsletter will bring you the full story.

In the meantime, if you would like further details on Anatomy Trains, the workshop series or any aspect of our trainings please contact us





KMI
AUSTRALIA
 STRUCTURAL INTEGRATION TRAINING
 JULIE HAMMOND

After the success of the first ever KMI training in Australia last year we are getting ready to start our second training which commences in March. The Australian format is a cross between the American and European format and has been designed to keep the intensity of the training but making it possible to work in your practice while studying.

I finished my KMI training in the UK in 2010 and I am very aware of the commitment, and hard work that goes into undertaking the training. For me the training was life changing and I don't know how I managed in my clinic without it, because of this I wanted to be able to offer this training in Australia. It was such a proud moment when our first group of students graduated in June last year and I am now very excited to be getting ready to meet the new group in March.

I constantly get phone calls asking about the KMI format and it's content so I thought I would give a brief history and understanding of KMI. This will include an explanation the Australian format and hopefully answer some of your questions for those of you who are contemplating undertaking the training.

What is KMI?

Kinesis Myofascial Integration (KMI) is training in Structural Integration, evolved from Ida Rolf's pioneering work but substantially updated via Tom Myers Anatomy Trains Myofascial Meridian map.

So what is Structural Integration?

Structural Integration (SI) is a system of manual therapy and sensorimotor education that aims to improve biomechanical functioning as a whole rather than to treat particular symptoms. It is a hands on bodywork that focuses on realigning the body. Structural integration differs from other types of bodywork in that the entire body structure is assessed on how it interrelates

The KMI protocol is a series of deep bodywork sessions that works progressively through the entire body: first surface, then core then integrating the two together.

KMI trains you in a wide vocabulary of touch and movement skills; helping your clients gain ease, balance, length as well as a vivid accurate kinaesthetic body image. Hundreds of practitioners across America and Europe have been trained in KMI since 2000 and are now joined by our first group of Australian graduates.

The KMI training is the result of Toms 40 years practice in many cultures and clinical settings and his training with Dr Ida Rolf along with ideas and practices from Dr Moshe Feldenkrais, Buckminster Fuller, European Osteopathy, and many movement disciplines including martial arts, continuum, contact dance and Ashton patterning. Drawing on many sources and grounded in the arts, evolution, embryology, fascial research and emerging science of body tissue plasticity, KMI offers a rich playground of self-discovery.

A Brief History

Tom developed Anatomy Trains during the 1990's as a game for students to play when he was teaching fascial anatomy at the Rolf institute. As an exercise to cement student's knowledge he began stringing the muscles together through fascia. He started to systematise these connections with the help of a friend Annie Wyman and the lines started to become clear, he then started to build sessions around the lines.

After publishing articles in the Journal of Bodywork and Movement Therapies, Tom was asked to write a book. His first edition was published in 2001, is now on its 3rd edition and has been translated into 12 different languages. Tom then realised, the Anatomy Trains schema offered a logical lens through which Ida Rolf's ten-session recipe could be reconfigured slightly to a progressive opening of the lines and KMI was born.

KMI

JULIE HAMMOND

STRUCTURAL INTERGRATION TRAINING

The Anatomy Trains gives a logical reason for the progression of the SI sessions understandable by professionals and the public. Confirmation of the Anatomy Trains as palpable entities in the human body was found in the dissection lab in Arizona in 2004 and 2006. There is also a research paper by : Wilke J, Krause F, Vogt L, Banzer W, What is evidence-based about myofascial chains? A systematic review, ARCHIVES OF PHYSICAL MEDICINE AND REHABILITATION (2015), doi: 10.1016/j.apmr.2015.07.023.

What will KMI give you as a Therapist/ Practitioner?

I can only speak from my experience, as well as teaching Anatomy Trains and KMI I still work in my clinic in Western Australia. I use the KMI recipe as a 12 session series but I also use the techniques and body reading everyday in nearly every session I do. I have been in the industry for 16 years now and as I get older I have learnt to work smarter rather than harder, and the KMI training has allowed me to be very precise in what I am trying to achieve. The Body Reading was probably the biggest piece of the puzzle that I needed to make longer lasting changes by allowing me to step back and see the bigger picture.

However, for me the biggest learning experience I got from KMI training was to refine my touch. Through the training my touch changed dramatically and has gone on to change over the years. It isn't about learning techniques, the training is very much about knowing your anatomy, being able to refine your touch, adapting your touch to suit your clients tissues and knowing exactly what you are trying to achieve at any given time in your treatment. This has been invaluable in my clinic.

Client's testimonials:

Before visiting Julie I had tried every possible therapy to relieve the chronic pain and disability I had been left with after having a lumbar spinal fusion in 2012. This included regular physiotherapy; massage therapy, Pilates, Chiropractic treatments, pain management and hydrotherapy. None of these gave me the instant relief that I felt after just one visit with Julie. She works with my body to get deep into my tissues without causing me any pain or guarding. She truly has "magic hands". I can walk into her clinic feeling stiff and sore with a pain level of around 7 and walk out with a pain level of only two. That's a miracle. I truly don't know where I would be without Julie; she has made the quality of my life so much better.

Kylie Daniel

The KMI experience has not only given me a renewed physical strength I was lacking but the knowledge and true understanding of how to recognize symptoms that can cause not only physical but also emotions problems as well.

Without Julie's kind and caring nature I certainly would not be the strong and more confident person I am today. When I started the KMI experience I did not realize what a profound effect it would have on my life.

Thanks Julie, but thanks pales into insignificance when I think back to the person I was and the one I am now.

Alison Cox



A photograph of a person's back, seen from above. The person has several tattoos: three stars on the upper left shoulder, a large tribal-style tattoo on the left shoulder blade, and a cursive script tattoo on the right shoulder blade. Two hands are visible at the bottom of the frame, with fingers gently touching the lower back area. The background is a light-colored wooden floor.

“IT ISN’T ABOUT LEARNING TECHNIQUES, THE TRAINING IS VERY MUCH ABOUT KNOWING YOUR ANATOMY, BEING ABLE TO REFINE YOUR TOUCH, ADAPTING YOUR TOUCH TO SUIT YOUR CLIENTS TISSUES AND KNOWING EXACTLY WHAT YOU ARE TRYING TO ACHIEVE AT ANY GIVEN TIME IN YOUR TREATMENT”

KMI

JULIE HAMMOND

STRUCTURAL INTERGRATION TRAINING

Australian Format

As mentioned above the Australian format is a mixture of the American and European format. Here is our 5-step pathway:

Step 1: The pre requisite to the KMI training is Anatomy trains.

Step 2: KMI Part 1- Structural Vision is taught by Tom Myers and is a 4 day introduction to the Structural Integration training (Between part 1 & 2 you will have 3 webinars to watch and answer questions on).

Step 3: Part 2 is the most complicated as it is split into 7 modules.
6 Fascial Release for Structural Balance (FRSB) workshops. These are 2 to 3 day workshops, one weekend a month and based on James Earls Fascial release for Structural Balance book and very much local anatomy, techniques and functional tests.

Step 4: The last module of part 2 is the Structural Balance Certification Module (SBCM), this is an 8-day workshop designed to bring all the information learnt over the 6 FRSB workshops together into a 3 series. (Between part 2 and part 3 you have 16 Case studies to complete and 2 essays to write)

Step 5: KMI part 3- Structural Integration is a 30 day training split into 2 x 15 day blocks. This takes you through the 12-session recipe; you will also have an outside model to take through the 12 series.

Frequently asked Questions

Do I have to sign up for the full training?

No, you can sign up for part 1 and see if it is right for you before applying for part 2 etc.

If I sign up for the full training and don't like it what happens?

If you decide not to go on with the full training you will only pay for the tuition you have had up to date and the rest will be refunded minus admin costs.

Do I have to do the training all in one go?

No, you can start the training and then continue when the next full training begins. You can also do part of the training in Australia and do your final part 3 in America or Europe

Do I have to pay all at once?

No, we have various methods of payment and payment plans to help make the whole process easier.

Do I have to do all the modules?

Yes, unless you have done one of the modules before. If you want to do the full KMI training you must do all modules. However, if you just want to add to your skills and knowledge then you can do any of the FRSB modules as stand alone



KMI STRUCTURAL INTERGRATION TRAINING

STUDENT PERSPECTIVE



Casey Gordon

The KMI training really opened me up to a new world of understanding the body and the Anatomy Trains concept. It gave me a fresh look at the patterns and compensations different people present and a clearer plan on how to help my clients reach their goal; whether it be diminished pain, increased ease and range of movement or achieving fitness goals.

The structure of the training was put together very thoughtfully. The workshops gave the students a perfect mix of theory, body reading, movement assessment and break time! Easing into the information with shorter workshops allowed time to absorb and practice the new material before the next instalment. Putting it all together in Part 2 was exciting, if perhaps a little overwhelming. There was a lot to achieve in the 3 session series. I travelled from Perth to Sydney for 2 weeks to complete this section of the training. This was a real highlight for me as it also became a bonding session for the classmates, who I now consider wonderful friends.

Part 3 of the training really felt like a coming together of minds. There was a lot of opportunity for questions and topical conversation which was extremely helpful.

The students had really formed close friendships by this stage and we were all very open about what we were experiencing, body and mind. Bringing the teachers together from east and west of the country was terrific.

The incredible knowledge and experience that Lou Benson brought to the table was invaluable. Her passion for the work was infectious, as was her sense of humour. The teachers have a range of different backgrounds (Remedial Massage, Pilates, KMI, Aston Patterning) which brought different perspectives to the class. The information presented was current and relevant.

I encourage anyone who is doing KMI to take plenty of notes, retaining all of the information is impossible, but you will be thankful to reflect on it at a later date! My understanding of deeper anatomy deepened considerably. Not just in naming and recognising parts, but understanding their functional roles in movement and posture, a lesson I expect to continue to learn throughout my career! The techniques and assessments I have learnt, I use every single day in the clinic and I have been able to adapt them to my own style of work.

A huge lesson for me throughout the training was how to use my body to make my work more effective but easier on myself (also still learning). It is a continual journey to discover how to be more mindful, working with someone, not on someone.

To sum it up - you will be challenged. Your mind will boggle, get foggy and you will get to a point where you can't think any more. But you will also share and discover, get excited and wonder in awe at what it is to be human. What shapes us, what makes us who we are and why. You will develop lasting friendships with people that you've laughed with, cried with and rather likely shared a hangover.

KMI STRUCTURAL INTERGRATION TRAINING

STUDENT PERSPECTIVE



Sandy Corcoran


The intensity of the KMI training brings up every emotion imaginable. There were so many times I thought I wouldn't make it, with the support of all the teachers and my fellow class mates I made it. To date I have completed around 6 clients that under went the 12 Series and the biggest thing for me is to not expect perfection in the way of anatomically but perfection for the individual client and what is right for them. To have less pain by improving posture, breath and movement is definitely the key.

Prior to embarking on the training I was contemplating giving up bodywork. My body was in so much pain due to the way I worked, now, I will be working well into my 60's and beyond due to the techniques KMI teachers you.

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 <https://www.anatomytrainsaustralia.com>



KMI STRUCTURAL INTERGRATION TRAINING

STUDENT PERSPECTIVE



Nikita Hill

My KMI experience was an unexpected journey but the most rewarding one of my career thus far.

I started out just needing to tick off some CEP and attended the Anatomy Trains Workshop taught by James Earls. I was sick that weekend but when they mentioned there was an extended training program running for the first time in Australia, with limited places, I applied straight away! I thought it would be better to apply now and secure a spot then fall in love with the work and not be able to complete the last section as the classes were full. I didn't know then, but that fear of missing out lead me to make the best decision for my development as a therapist, growth in my clinic and my own personal journey.

The KMI training is intense. Personally it turned everything I thought I knew about anatomy upside down and back the front. The body reading revealed things I had many times 'observed' but never actually 'seen' and reignited my passion for anatomy and understanding how everything works (or compensates) together.

A key moment in my training was gaining the understanding of how creating or revealing better structure/form in the client leads to improved function physically and otherwise. Following the series, session by session, unwinding compensations and rebuilding a better structure is very rewarding as you observe the changes and a journey that is surprising different with each client.

The wealth of knowledge the trainers possess was such a rich resource to tap into and they were always happy to chat, answer questions and discuss ideas, leaving you inspired and overwhelmed in equal measure!

Lastly the friendships and networks gained with therapists of all different modalities was an unexpected bonus of this training and the part I treasure most. I know these friendships and connections will enrich my life and help me to grow professionally and personally in the years to come. As

Lou Benson always said, "the more you know, the more you realise you don't know". I would recommend this course to anyone who wants their understanding of the human body tested, stretched and transformed.

KMI Structural Integration Pathway

Step 1 - Anatomy Trains

Check www.anatomytrainsaustralia.com for the latest dates. If you have already completed Anatomy Trains go to **Step 2**.

Step 2 - KMI Part 1 - Structural Vision

4 Days in Sydney. Presented by Tom Myers & Julie Hammond.
Dates: 2nd to the 5th March 2016.

Step 3 - KMI Part 2 - FRSB Workshops

Perth or Sydney Locations. Presented by Julie Hammond. These FRSB Workshops can also be taken as stand alone Workshops.

PERTH, WA

1. Arches & Legs/ 3 days
4th, 5th, 6th June 2016
2. Fans of the Hip/ 2.5 days
2nd, 3rd, 4th July 2016
3. Abdomen, Chest & Breath/ 2.5 days
6th, 7th, 8th August 2016
4. Tensegrity Spine/ 2.5 days
3rd, 4th, 5th September 2016
5. Shoulder & Arms/ 2 days
8th, 9th October 2016
6. Head, Neck & Jaw/ 2 days
5th, 6th November 2016

SYDNEY, NSW

1. Arches & Legs/ 3 days
11th, 12th, 13th June 2016
2. Fans of the Hip/ 2.5 days
9th, 10th, 11th July 2016
3. Abdomen, Chest & Breath/ 2.5 days
13th, 14th, 15th August 2016
4. Tensegrity Spine/ 2.5 days
10th, 11th, 12th September 2016
5. Shoulder & Arms/ 2 days
15th, 16th October 2016
6. Head, Neck & Jaw/ 2 days
12th, 13th November 2016

Step 4 - KMI Part 2 - Structural Balance Certification Module

8 Days in Sydney. Presented by Don Thompson & Julie Hammond.
Dates: 2nd, 3rd, 4th, 5th (6th & 7th Days off) 8th, 9th, 10th, 11th December 2016

Step 5 - KMI Part 3 - Structural Integration

30 Days in Perth. Presented by Lou Benson & Julie Hammond.

BLOCK 1

Dates: 15th April - 1st May 2017
20th & 26th April OFF

BLOCK 2

Dates: 16th May - 1st June 2017
21st & 27th May OFF

Congratulations you are now a Certified KMI Structural Integration Practitioner!

www.anatomytrainsaustralia.com

AT IN MOTION

KARIN GURTNER

Have you ever sat in front of an empty piece of paper pondering the meaning of Aristotle's quote "the whole is more than the sum of its parts", trying to describe the complexity of each part in simple words without losing its meaning for the whole? If so, you know what I am talking about. For me, neither the creative process nor the manifestation of it has been a linear path; more like a winding, occasionally rocky maze with plenty of dead ends and potholes; but also mind-opening insights and with unexpected heights - certainly worth the climb!

After dividing my time between Australia, Switzerland and elsewhere in the world for 15 years, last year I moved my (travel) base back to Bern. I love the simplicity of my light-filled studio home and you won't find a television or a stereo - it is beautifully quiet. Speaking of love, I have the greatest appreciation for my family who relentlessly support me and my professional vision; and my friends who treat me as if they see me more frequently than hardly ever - special people really!

Once I wrote to my good friend Don Thompson

"I am looking for quiet yet I am creating whirlwinds".

What keeps me grounded in the midst of my own whirlwinds is my daily practise; it is my happy place, physically and mentally.


My second happy place is education. This year's highlights were the integral anatomy courses (beyond anatomy) with the extraordinary Gil Hedley and the insightful Jaap van der Wal. The next event to look forward to is the dissection course with Tom, a visionary and ongoing source of inspiration.

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With professional bookings scheduled until the end of 2017, here is what I am aiming for: teach the best I can even on my worst day; give the person(s) I meet my undivided attention; cultivate my happy places; and laugh as much as possible.



**LOOKING FOR QUIET
CREATING WHIRLWINDS**



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ANATOMY, MOVE
AND TEACH

AT IN MOTION

KARIN GURTNER

One crisp morning in autumn 2006 while my then husband Danny set up his tent on the grounds of a Dharma centre in Western Australia, I read the first sentences of Tom's book 'Anatomy Trains'. I vividly recall my sense of excitement, thinking this will change the way I view anatomy, move and teach – and that one day I will meet the brilliant man who wrote this book (a far-fetched idea at the time). Much to Danny's amusement, I felt I was holding the 'holy grail', the solution to my unanswered movement questions in my hands. Neither of us anticipated that nearly a decade later he would participate in an Anatomy Trains in Motion course developed by me and then certify as a KMI practitioner himself (just a side note to the wondrous ways of life).

Having had art of motion, my own training organization for Contemporary Pilates for a couple of years by then, I utilised the integral Anatomy Trains anatomy to 'modernise' the traditional movement repertoire, and to explain functional anatomy and choreography. It worked beautifully; not only for the instructors and physiotherapists attending the courses, but also for my team of educators and their clients.

Encouraged by my own progress and the positive feedback, I decided to transition Anatomy Trains more to the educational forefront. In 2008 I delivered a workshop called 'Pilates & Slings' ('slings' referring to myofascial meridians). Needless to say, the Anatomy Trains enthusiasm grew all around! My art of motion team especially, encouraged me to look deeper, explore further and travel farther.

In 2009 I attended my first Anatomy Trains course with James Earls in Belfast. What a memorable experience – I wanted more and that 'more' was KMI (Kinesis Myofascial Integration). That's when I met Tom, in a town hall in Weston on the Green, a picturesque small town in the English countryside (the first of a string of fabulously unusual meeting places). I loved the training and my movement conversations with Tom, both of which contributed to a new idea starting to take shape in my mind and body. In 2010 I certified as a KMI practitioner; I felt ready, and equipped, to start afresh with my Slings project. 'Pilates & Slings' turned into 'Slings in Motion', a series of courses utilising Anatomy Trains as a body map to gain the benefits of structural integration through movement.

Once again, the work formed beautifully and I wanted to know more – direct from the source.



THE WORK FORMED BEAUTIFULLY AND I WANTED TO KNOW MORE

A woman with blonde hair, wearing a light blue long-sleeved top and blue jeans, is lying on her back on a dirt path in a forest. She is looking up at the sky with her mouth slightly open. The path is covered in fallen leaves and surrounded by dense green foliage and trees.

AT IN MOTION

KARIN GURTNER

In 2012 I completed my Anatomy Trains teacher training with Tom, Lou Benson and Carrie Gaynor in Maine. It's not possible to explain the uniqueness of those two weeks, but something special was set in motion. Julie Hammond (now the director of Anatomy Trains Australia) and I became good friends who share the same Anatomy Trains educational vision; also AP Lindberg, the developer of Anatomy Trains in Training, with whom I filmed a movement DVD this year. Last but not least, the few words Tom and I exchanged in Maine led to a meeting in Zürich that initiated a whole new project: Anatomy Trains in Motion.

After a London meeting with James (who has since published his book 'Born to Walk') the Anatomy Trains in Motion development-Sudoku began. Blending the many aspects of Anatomy Trains with the essential events of gait and the physical experience required to make the content tangible, movement training relevant and applicable in daily practise proved to be more challenging than writing the course book (the good kind of challenge).

At this year's Anatomy Trains teacher meeting in Oxford Tom asked, what drew us into 'the work'? What drew me in was 'the story'. Reading Anatomy Trains for the first time, I understood very little of its detailed anatomy; but I understood the concept and the author's integrity. In Anatomy Trains in Motion, I want to share some of what drew me in; the 'whole-hearted story' behind an integral anatomy concept.

Another inspiration was KMI. Practising the bodywork techniques and experiencing the sensory qualities of the myofascial meridians greatly expanded my understanding of the multi-dimensionality of Anatomy Trains. Not only do myofascial meridians contribute to our postural and movement patterns, but also our perceptions of self and the world around us. As far as I am concerned, Tom developed a holistic body map that can aid postural ease and movement freedom as much as perceptual clarity and somatic resourcefulness.

One of my greatest motivators has been to show that Anatomy Trains is far more than a myofascial meridian system that can be used to explain movement anatomy. Although utilising the lines for movement anatomy analysis is a skill, it is 'only' one aspect that Anatomy Trains has to offer the mindful mover and holistic movement teacher.

Since my meeting with Tom in my home country I have written and re-written Anatomy Trains in Motion several times. I have taught its different versions to multicultural audiences; learning more each time, helping me refine the work. There will always be some polishing and fine-tuning required, though for now I am satisfied. The course is 'true to the story' and a well-rounded base to move from with practical content that can be applied 'on Monday'. There are no empty catch phrases or good sounding theories that have not been applied in practise – the content of Anatomy Trains in Motion has been tried and tested; behind every sentence and action is a thought.

Although Anatomy Trains in Motion is 'self-contained' in terms of educational content, it is an integral part of a bigger picture called Slings Myofascial Training, which is part of the even bigger picture of spatial medicine. While Anatomy Trains in Motion lays the foundation for Slings Myofascial Training, Slings Myofascial Training provides the context for Anatomy Trains in Motion – each one supports the other.

Anatomy Trains in Motion will resonate with the movement professional, bodyworker and therapist who see the value of recognising and strengthening the body's resources, thus bodywide dynamic stability, ease of motion and resilience through conscious movement practise.

A woman in a light blue leotard is performing a high leg extension on a rock face. She is standing on a small rock ledge, with her right leg extended upwards and her left leg bent. Her arms are crossed in front of her. The background is a dark, textured rock wall.

AT IN MOTION

KARIN GURTNER

Born in Switzerland in the good company of my identical twin sister Monika, movement has always been a natural part of my life; from running through the nearby forest to ballet, playing soccer, netball, badminton, skiing and swimming.

When I was 15 I went to an academy of art and at the same time discovered dance aerobics. I loved both and went on to become a decoration designer as well as a part time group fitness instructor and personal trainer.

In my mid-twenties and many movement certifications later, I migrated to Australia (for love, you guessed it) where I worked full time as a Pilates and Yoga teacher with a little bit of Gyrokinesis added to the blend. Soon after settling in Perth, my new home town, I met the wonderful Kimberely Garlick who changed my view of Pilates and opened the door to becoming an educator for The Pilates Room, her school at the time.

In 2004 Monika and I founded ‘art of motion’, a training organisation for Contemporary Pilates (and now Slings Myofascial Training) based in Switzerland and Australia – which meant my parents got themselves a second job (it’s the kind of thing parents do for their beloved children, right?). It didn’t take us long to adjust to our new family dynamic and although we occasionally arm wrestled about business this and business that, we never had to discuss the kind of quality we wanted to put out; nothing but the best. Today, seven dedicated people maintain the office flow behind the scenes and a team of twenty highly qualified lecturers deliver education courses for movement professionals and physiotherapists all year round.

art of motion didn’t start as a business venture, rather as a means to share knowledge. It took about eight years to complete the Contemporary Pilates curriculum comprising fifteen individual yet interlinked courses, and about six years to shape the current Slings Myofascial Training education. I believe both of them to be of equal value although creating a contemporary version of the classical Pilates method now feels like high-level practise for the development of Slings Myofascial Training. With Slings I haven’t reinvented the movement wheel, but the concept is unique and developing something unique is unique in itself.

Have you ever sat in front of an empty piece of paper pondering the meaning of Aristotle’s quote “the whole is more than the sum of its parts”, trying to describe the complexity of each part in simple words without losing its meaning for the whole? If so, you know what I am talking about.

For me, neither the creative process nor the manifestation of it has been a linear path; more like a winding, occasionally rocky maze with plenty of dead ends and potholes; but also mind-opening insights and with unexpected heights - certainly worth the climb!

AT IN MOTION

KARIN GURTNER

After dividing my time between Australia, Switzerland and elsewhere in the world for 15 years, last year I moved my (travel) base back to Bern. I love the simplicity of my light-filled studio home and you won't find a television or a stereo – it is beautifully quiet.

Speaking of love, I have the greatest appreciation for my family who relentlessly support me and my professional vision; and my friends who treat me as if they see me more frequently than hardly ever – special people really!

Once I wrote to my good friend Don Thompson "I am looking for quiet yet I am creating whirlwinds". What keeps me grounded in the midst of my own whirlwinds is my daily practise; it is my happy place, physically and mentally. My second happy place is education. This year's highlights were the integral anatomy courses (beyond anatomy) with the extraordinary Gil Hedley and the insightful Jaap van der Wal. The next event to look forward to is the dissection course with Tom, a visionary and ongoing source of inspiration.

My third happy place is reading. I am one of the people who read several Kindle books at the same time (choosing according to my mood). The three books currently 'open' are: Oliver Sacks: A life on the move; Pain: The science of suffering; Who am I? And if so, how many?. With professional bookings scheduled until the end of 2017, here is what I am aiming for: teach the best I can even on my worst day; give the person(s) I meet my undivided attention; cultivate my happy places; and laugh as much as possible.



AT IN MOTION

MUMU MORWITZER

One grey winters day in Perth back in 2008 I met Karin, founder of art of motion training in movement, at a Pilates Integration course. Within the first hour of the course my winter blues were lifted by Karin's teaching style and approach to holistic movement.

As an ex-contemporary dancer and trained instructor in classical Pilates I loved movement, but at times I felt like my training was lacking something. I now know the missing piece was the deeper and more contemporary science-based understanding of the body's interconnectedness, as well as the experience lead embodiment of that knowledge.


Meeting Karin felt as though I had finally met someone who understood the way I was looking at the body and mind, and was able to teach me the science, the 'live anatomy' and functional exercise sequencing I had been searching for with depth and in context of the bigger picture. Art of Motion's approach and philosophy resonated with me immensely, and when I was asked to study under Karin and join the art of motion training in movement lecturing team in 2009 I felt very privileged and honoured.


Karin's international demand for teaching and dedication to the further development of her own skills, along with the Art of Motion course curriculum, grew fast and it was getting harder and harder for Karin to run and manage both the Swiss and the Australian courses. As a true believer in Art of Motion and in what it has to offer I couldn't bear to see it leave Australia and so in 2013 the decision was made that I would step into the managing position for Art of Motion Australia. This was roughly the time that Karin finished her KMI training with Tom Myers. As a follow on from that she started developing Slings in Motion, a movement concept that is parallel to KMI. It was also the time that I had the pleasure of being introduced to Tom Myers, Julie Hammond and James Earl by Karin. The training with Tom had changed Karin's world forever and with it, mine. Since then I have assisted Karin and Julie in several Anatomy Trains in Motion courses, another movement focused education that Karin has developed which is parallel to the manually based Anatomy Trains course. Being introduced to the Anatomy Trains concept has broadened my personal 'body reading' horizon and understanding of whole body interconnectedness dramatically, as well as how to apply it to functional movement.

This has been a journey that I have enjoyed greatly and I am still enjoying, as I know there is more to learn for evermore!

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Anatomy Trains in Motion



For Manual and Movement Therapists

Julie Hammond & Muriel Morwitzer

Pre requisite for the full KMI training

Sponsored by Rise Yoga

Movement, Stability, Coordination – get your Anatomy in Motion!

Whatever your modality – Physiotherapist, Remedial Massage Therapist, Yoga, Pilates, Personal Trainer, Rehabilitative Exercise or Dance Therapy – Anatomy Trains offers skills that manual and movement therapists can use to see their clients more clearly and work more effectively.

Traditional anatomy is so static, but humans are constantly in dynamic movement – Anatomy Trains gives you the transmission from muscle to muscle through the fascial fabric. Thomas Myers' Anatomy Trains® weekend intensives are holistic, fun and very useful.

This Course helps you:

- BodyRead your client's postural and movement patterns with greater accuracy and integration
- Gain access to effective treatment strategies for resolving postural distortions, which may occur some distance from the obvious site of pain or limitation
- Enable you to make distinct changes in your clients' movement pattern

Workshop Format:

The workshop is split into roughly equal time and covers:

- Lecture/presentation of the concepts and the lines
- BodyReading and postural /movement analysis
- Fascial plane and myofascial plane techniques from Tom's KMI Structural Integration Library
- Training techniques from our movement library to balance and awaken myofascial meridians.

Course objectives:

- Introduce the AT Lines in static posture and through movement
- Expanding and refining the anatomical understanding of each myofascial meridian
- Exploring the anatomy of each myofascial meridian in movement
- Understand many of the roles of the fascial tissues in the body
- Introduce Tom Myers' unique style of Body Reading, letting you clearly see skeletal relationships using the vocabulary of Bend, Tilt, Shift and Rotate
- To be able to see and understand the distal influences through the body and why we need to assess the whole body if we are to make a lasting change
- Learn to accurately palpate fascial areas through feeling different qualities of tissue
- Apply knowledge to construct a bodywork session appropriate for the specific pattern of each client



Julie Hammond

Julie has been a bodyworker for 14 years and is a certified KMI Structural integration Practitioner and Sports and Remedial Massage Therapist.

Julie is Director of Bodywork Education Australia which offers advanced training for bodyworkers from all modalities. She is now director of KMI Australia bringing the full KMI Structural Integration Training to Australia.

Julie is now the Australian office for Anatomy Trains and is the only certified teacher in Australia.

Julie has travelled extensively over the last 2 years, assisting teaching in America and South Africa and is looking forward to teaching more in and around Australia.



Muriel Morwitzer (Mumu)

In January 2013 Mumu became Senior Lecturer & Manager for *art of motion training in movement*® Australia.

Mumu has been running her own Contemporary Pilates Studio in Margaret River since 2009.

Mumu is a dedicated Movement Teacher, Dancer & Educator:

- Certificate IV in Matwork Contemporary Pilates & Teaching Methodology
- Diploma in Matwork & Reformer Contemporary Pilates & Teaching Methodology
- Diploma of Contemporary Dance, Laban Centre London
- Physical Theatre Teacher and Choreographer, Ecole d' Humanite Switzerland
- Wu Tao Instructor (A dance form that incorporates the Chinese Meridians)

Anatomy Trains®

For more information about Anatomy Trains® please visit the websites:

www.anatomytrainsaustralia.com

www.anatomytrains.co.uk |

www.anatomytrains.com

Date: 26th, 27th & 28th February 2016

Venue: Rise Yoga, Level 1, 232 Bridge Road, Richmond

City: Melbourne, Victoria

Price: \$750 - Early Bird \$700

Contact: Philippa- info@kmiaustralia.com

Phone: +61 415 707 130



AT IN TRAINING

ARI PEKKA LINDBERG

Exercising is a medicine? It may or it may not be. Unfortunately, often it isn't. One of the issues is how we move, yet we need to move and exercise to be able to stay healthy. Most injuries in the musculoskeletal system are due to our own postural and movement habits. If we move with those habits, then movement or exercise isn't medicine; it's enhancing the possibility for injuries because of increased loading and repetitions.

Anatomy Trains in Training is about balanced movement, enhancing the model of neural stability, which is applicable for local isolated and lifting exercises, into dynamic control of Global movement. We already have different concepts to assess lifting and local neural stability, which is needed for that kind of a movement. But...

Our body has developed for minimum energy principle for over 4 million years; this has been crucial for our survival and crucial for the fuel to meet the demand of consumption. Concentrically driven movement requires more energy than isometrically driven movement, if our habitual way of moving had been based on concentric movement this would have been difficult. Concentrically driven movement is lifting.

It's maximum load strategy; we need it when the load is too high for swinging or shifting movement.

Swinging and shifting movement uses as much isometric muscle contraction as possible. The power and strength of the movement comes from the tendon (from the fascia that is related to the muscle). The muscle tries to stop the movement and the tendon stretches and restores energy, then the energy is transferred back to the movement. Isometric contraction requires less energy than concentric and we also get to utilise the free energy of fascia into swinging movements.

To utilise the minimum energy principle, we should use swinging and shifting in submaximal loads. For us to be really effective we should learn how to use whole body movement (whole body myofascia) for strength and power. If we are able to incorporate as much of our myofascia as possible, it's easier to move the loads. Wide distribution of the movement and load means minimising the risk of an injury as well as maximising the performance.

For the load distribution we need to learn different movement patterns for the submaximal loads. Which means that we need to have different sets of principles when we are assessing global movement. AT in Training continues from principles of load and movement distribution that are introduced in Anatomy Trains workshops.

AT IN TRAINING

ARI PEKKA LINDBERG

Load distribution is also correlated to the rhythm of the movement and motion sequencing. Sequencing is crucial for our ability to utilize our myofascial continuities appropriately. Every bone and joint inside the myofascia needs to be incorporated to the motion of the segments, to create a recoil movement of the whole myofascial meridian. The sequence isn't always the same for the myofascial meridian; it depends on the environment and goal of the movement.

AT in Training has its foundation in Tom Myers's Anatomy Trains and James Earls' Born to walk. The myofascial meridians give the map of loading. This map has developed in us because of the loading of the movement that we most commonly do. This map needs to be trained as a whole, but we also need to be able to understand it's individual connections.

In the AT in Training workshops we bring together the need for different movement modalities. Recoil training used in submaximal loads isn't everything we need but needs to be seen as a top up for the training we already do. The question is, how much do we need lifting, recoil training or bodyweight training to correlate to our daily living or other sports? Then you need to ask, how much maximal loads do you handle in correlation to submaximal ones? Do we need to exercise more in open chain exercises or closed chain, which ones do you use most?

AT in Training includes discussions and practical exercises for overall exercise programming and singular exercise building for different individuals. Additionally, how to warm up for the exercise and at the same time improves neuro-myofascial performance while minimising injuries.

Proprioception needs to be awakened before training, which requires myofascial glide. On the other hand, if our myofascial is too loose it might decrease strength and power output. With appropriate release that is loaded we have possibility to prepare and balance myofascial continuities for the training. Same kind of cooling down allows the recovery to initiate as early as possible and creates possibility for the recovery to happen.



AT IN TRAINING

ARI PEKKA LINDBERG

Recovery itself is dependent on many variability's. Physical and psychological stress, nutrition etc... It's crucial for the development to understand how psychological stress is blocking the physical recovery. At the same times it blocks learning, which is crucial for the new movement patterns. If you are stressed, your ability to learn has decreased significantly. Learning new habits of movement requires lots of concentration and huge amount of repetitions and commitment... That's why we need to know the Body mind connection and how to optimize it for learning and development, mentally and physically.

Nutrition affects to recovery, development of the myofascial and to our brains ability to function. It's in the same circle with our physical and psychological stress. We need all of them. Enough quality food, little bit of a stress to develop. But too much of a stress, which can be also nutrition induced, will turn to catabolia instead of anabolia.

ATiT approaches training from inclusive point of view, looking at the whole spectrum that is affecting our neuro-myofascia and it's development to improve our movement habits to be as balanced as possible. Principles from ATiT are transferable to any sports, daily movement or training modality while looking at the movement from overall perspective and incorporating myofascial meridians.

No matter if you are Personal Trainer, Physical Educator, Yoga teacher, Medical Doctor, Athlete coach, Pilates teacher, Fitness instructor, Bodyworker, massage therapist, Medical Doctor specialized in sports, Physiotherapist, Osteopath or anyone in movement and exercise field ATiT training will give you a new perspective to look at movement, exercise and training.



AT IN TRAINING

ARI PEKKA LINDBERG



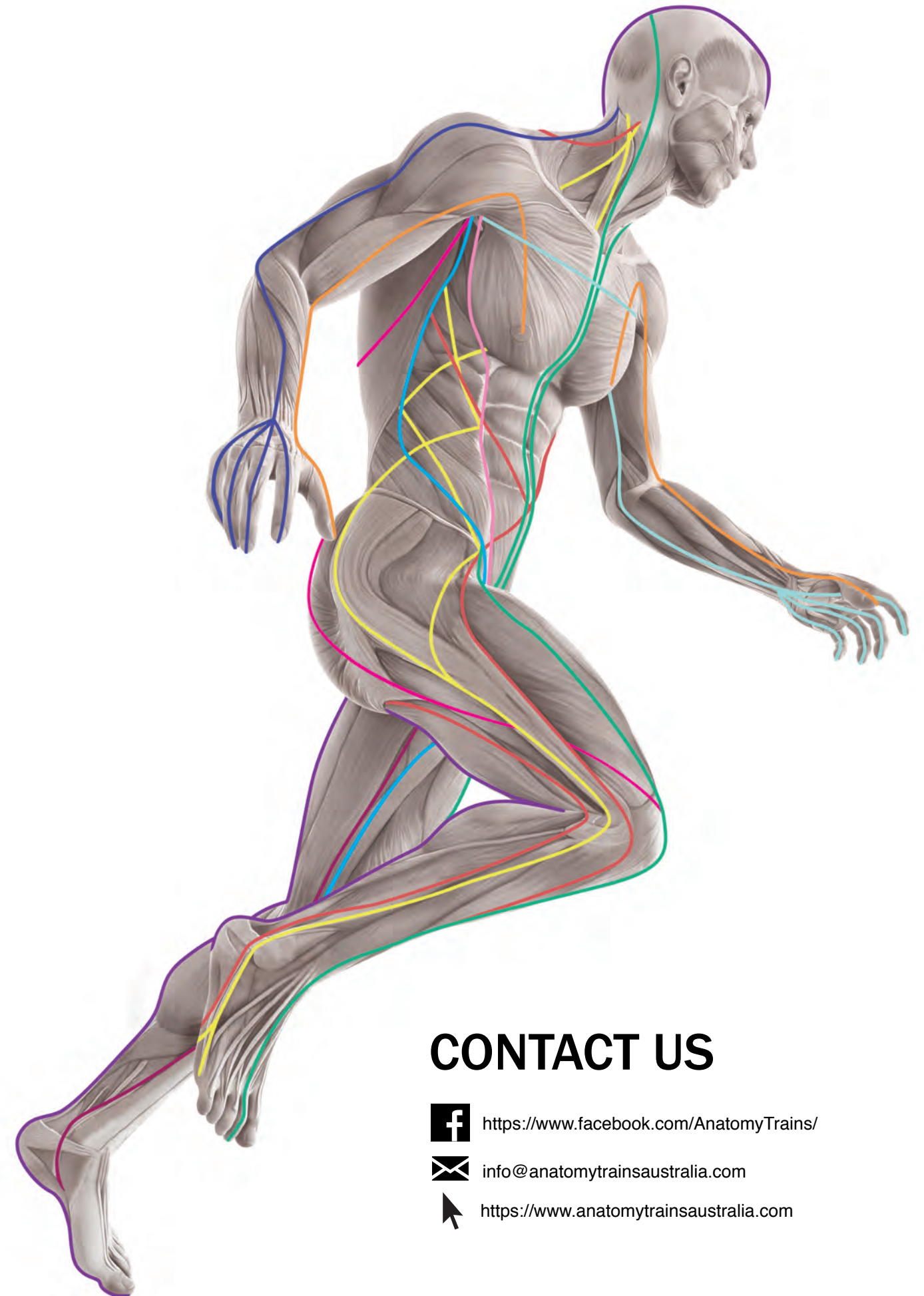
**Teacher, lecturer,
author, physiotherapist
and personal trainer
specializing in
understanding of the
movements unique details
that are put in to the
context of the integrated
myofascial web**

A-P has sought the understanding of the functioning of the body for almost 20 years from many different perspectives: Anatomy Trains, OMI, MDT, Motor Control, exercise physiology etc. In daily practice he uses different approaches. Goal is to analyze client with highly specific clinical and functional differential diagnosis that is integrated to overall myofascial movement and posture analysis to rehabilitate and coach persons towards better health and performance.

As a writer he has been involved for three different books that has been handling the field of exercises and wellness from different angles. They have discussed occupational health and wellbeing and more versatile functional exercises that would serve better our neuro-myofascial entirety and personal goals.

A-P is also a founder of Functional Myofascial Training workshops, that integrates fascia myofascial continuities to neuro-myofascia for strengthening the body in it's context.


A-P is Anatomy Trains Teacher. He is also one of the founders and senior teacher of the largest Personal Trainer Education organization Finland, Trainer4you. He is known to give inspiring and intense but same time fun and entertaining lectures that put the theory in to practice.



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SCAR WORKSHOP

MARJORIE BROOK

Scar Tissue Release Therapy (STR) is extraordinarily simple to learn, easy to apply and yields powerful results that can prevent a lifetime of compensation, complications and pain.

I have been a Licensed Massage Therapist for over 16 years and in all that time; a reoccurring theme seems to have prevailed. The presence of scar tissue can have a lifelong physiological effect on the body — a fact that seems to have eluded traditional healthcare professionals. This realization combined with my clinical experience, education, teaching and research, has led to my developing the STRAIT (Scar Tissue Release And Integrated Therapies) Method to release restricted tissues and restore balance and freedom of movement. During the course of my career I've treated many patients whose problems could be traced back to a scar they had forgotten they even had. Everyone has a scar ie the bellybutton. While not every scar presents a problem, often they can. This is due to the fact that the body is one large, three-

dimensional piece of fascia that envelops us like an intricate spider web. Any kink, pull or restriction in one area affects the whole matrix.

Scar tissue and adhesions are the result of our body's natural healing process and it occurs both internally and externally. The process, if working correctly, is supposed to eliminate the scars and adhesions once the wound is healed. In some cases, a person's body does not break down the scar tissue. IN others adhesions have built to help support the body due to poor posture, repetitive use or injury. The adhered tissue continues to spread which can trigger a cascading effect of compensations through out the body.

The STRAIT Method is a series of fascial techniques that release and realign the restrictive tissue from the starting point (visible scar) to the end point (where the line of frozen fascia stops). This release system which I have developed and now use with my clients differs from traditional methods because it approaches the multi faceted matrix of fascia three dimensionally.

SCAR WORKSHOP

MARJORIE BROOK

What is Scar Tissue?

Scars are areas of fibrous tissue that have replaced normal skin, or other tissue, after injury. A scar results from the biologic process of wound repair (protective, useful barrier) in the skin and other tissues of the body. Scar tissue is never as functional as the original tissue it has replaced. With the exception of very minor lesions, every wound (both internal and external) results in some degree of scarring

What are Adhesions?

Adhesions are bands of scar tissue that anchor and support the wound. It binds all tissue it comes into contact with together. Adhesions may be thought of as internal scar tissue. Although adhesions can occur anywhere, the most common locations are within the stomach, pelvis and heart.

Importance of Incorporating Scar Tissue Release Therapy into Your Repertoire of Services

Scars and the multitude of issues that can be traced back to them are generally overlooked by health professionals. Simply because the extent of physiological effects scars can have on the body have never really been acknowledged. As massage therapists we know that the slightest restriction in the elaborate matrix of fascia can have major repercussions from one end of the body to the other.

- A simple scar from a childhood accident to major surgery can have a lifelong effect both physically and mentally for your client
- Scar tissue has the potential to spread in any direction including internally throughout the body
- Scar Tissue can restrict movement or function anywhere in the body from a joint to an organ

Working scar tissue is extraordinarily simple to learn, easy to apply and yields powerful results that can prevent a lifetime of compensation, complications and pain. Scar Tissue Therapy Release Success Stories: Specific Client Challenges & Long Term Complications

SCAR WORKSHOP

MARJORIE BROOK

I have used Scar Tissue Release Therapy with success for clients who range in ages from children to seniors and who have experienced a broad range of problems. In many cases the results have been achieved within one - three sessions. Below are the stories of three clients who have experienced dramatic results (client names have been changed to protect their identities):

Client Story 1: “Laura”, Female, Age 40 Years - Knee Complications from Vein Removal Surgery

Another client for general relaxation massage referred Laura to me. Prior to starting our first session she forewarned me (out of being embarrassed) that her leg was “scary” looking due to vein removal surgery she’d had several years prior. I’ve seen and helped many clients with scar tissue resulting from vein removal surgery but was stunned at hers. Starting about two inches above her knee all the way down to the middle of the foreleg was a scar every inch and a half – with skin puffing up in between. It looked as though she had been bitten by a shark. In addition to the physical scarring, she experienced pain in her knee and down her leg (which made it difficult to keep up with her four boys). In addition to the physical effects she was very self-conscious; she had not worn shorts since the surgery.

She was very frustrated that she couldn’t keep up with her mother’s walking pace while out shopping. She was angry because her doctor told her nothing could be done it just healed that way. After just one Scar treatment session Laura experienced relief physically, by the end of three sessions the swelling was gone, the scars were reduced and Laura was thrilled. Laura’s scars have faded by 85%. She now wears shorts and was able to actually go skiing with the boys for the first time in four years!

Client Story 2: “Debbie”, Female, Age 35 - Hand Issues Due To Childhood Mishap

Debbie came to me several years ago for help with what she thought was Carpal Tunnel Syndrome. After observing a large scar on Debbie’s wrist I inquired as to its origin. When she was nine years old she had put her hand through a window chasing her brother. After working on her hand for two sessions, scars from the glass cuts were reduced visibly by about 80%, she obtained range of motion back in her hand/ wrist and the numbness was gone.

SCAR WORKSHOP

MARJORIE BROOK

Client Story 3: “Bobby”, Male, Age 13 - Leg Pain Due To Deformity and Surgeries

Bobby’s dad was a regular massage client and one day he inquired about my services for his ten-year-old son Bobby. Bobby, who is very active in sports, was born with a clubfoot and was experiencing a lot of pain in the Achilles tendon of his good leg. After three surgeries his foot was locked in an inverted position causing him to walk on the outside edge of the foot. He was also scheduled for a fourth in a series of seven surgeries. After a thorough evaluation it was clear that it was not the deformity of Bobby’s club foot that was holding his foot in this position – but the scar tissue and adhesions from the past surgeries which was wrapped around the ankle into the arch of the foot and up the back of the Achilles tendon. Due to the inversion of the foot Bobby was using his hip flexors to move forward his leg forward. After working on Bobby’s good leg, I asked his parents if it would be all right if I worked on the other foot. Much to the parent’s shock after the first session of Scar Release Therapy Bobby’s foot released about 90 degrees. Upon seeing her son stand with his foot almost flat on the ground Bobby’s Mom said half in shock and half in anger “why didn’t the doctors tell us to work on It is my hope that with modern science starting to recognize the importance of fascia

and the effects of scar tissue on the body that Scar Tissue Release will be brought to the forefront of therapy. Therapists can make significant and long lasting changes in the health and well being of their clients/ patients by incorporating scar work into their treatments. It is my experience that release of scar tissue followed by proper rehab exercises can play a major supportive and therapeutic role in helping anyone living with the physical, emotional and mental effects of scar tissue and adhesion restrictions.

Marjorie Brook is a International Instructor/ Therapist/author. She offers continuing education courses in Scar Tissue Release, Integrated Therapeutic Stretching, and Body Mechanics.

www.marjoriebrookseminars.com



SCAR WORKSHOP

MARJORIE BROOK

Marjorie Brook, International Educator, Therapist, Author and creator of the STRAIT method course is one of the most dynamic instructors in the manual therapy world today. Leaving the high-pressure, low fulfillment world of network television, Marjorie found her calling in health and wellness.

Forever the innovator, Marjorie began blending some of the most proven and successful therapeutic techniques, eventually developing her own system for alleviating the trauma caused by scar tissue and fascial issues.

Seeing a void in materials and information concerning proper stretching Marjorie released Flexibility First: A Fitness Approach for Life. Two series of stretching manuals which provide easy user-friendly guides for stretching oneself and clients to achieve balance throughout the body. Included are protocols for working with major diseases and injuries.

Her STRAIT Method™ is a seamless meeting of her Scar Tissue Release and Integrated Therapeutic Stretching™ approaches.

A sought-after speaker, consultant and practitioner, Marjorie's seminars have received glowing reviews from attendees of all experience levels. Her articles have been featured in Massage Today(USA), Massage World (UK) and American Fitness Magazine.

Scar tissue is one of the most common, yet perplexing issues faced by massage therapists and other healing professionals. While several methods may work around the problem, Marjorie Brook will show you how to clear scar tissue with instant results. In this seminar, you will learn how to use Marjorie's STRAIT method™ to assess and identify fascial restrictions and clear scar tissue both superficial and deep. This comprehensive approach covers not only the physiological but psychological and emotional aspects of scar tissue and fascial restrictions, giving you a greater understanding of your clients' needs. This unique, whole person approach will help you optimally communicate with your clients and treat their issues with utmost care and precise technique.



SCAR WORKSHOP

MARJORIE BROOK

Marjorie's workshops will give you hands-on practice with different types of scar tissue. You'll also be given instruction in proper body mechanics that will support you in your work as a scar-tissue release therapist.

Personal experience is essential to understanding the effectiveness of this technique — be prepared to give as well as receive a treatment.

"I place Marjorie high among the best Stretching Practitioners In the world. She is a cutting-edge teacher, who students across the nation rate as exceptional"
Aaron Mattes, MS, RKT, LMT
Pioneer Active Isolated Stretching

"I have been right at the cutting edge of health and fitness and reporting on emerging trends that became mainstream for decades. From Johnny G and Spinning to Billy blanks and Tae Bo. With the trends in fitness now moving to REJUVENATION I am happy to procalim Marjorie Brook and Activate Isolated Stretching as one of the key "Next New Things" that will explode over the next few years."
Greta Blackburn
Editor Ms. Fitness Magazine
Founder/Director of Greta Blackburn's

FITCAMPS

"Marjorie Brook is an excellent therapist/instructor/author. She is well trained and very experienced. As an instructor she is an energetic, clear communicator who can work with groups of any size.

Marjorie can explain her techniques in the most technical and accurate language to other professionals or simply explain concepts and techniques to lay-people and beginning students. She uses state of the art audio/video equipment effectively. Marjorie is an honest person, a true professional who is trustworthy, dependable, and fun to be around. I highly recommend Marjorie and Brook Seminars to anyone seeking high quality educational presentations."
Ralph R. Stephens, LMT, National Lecturer
Author of Therapeutic Chair Massage

"Marjorie Brook's course on treating scar tissue adds another valuable skill to the osteopathic tool-kit! The techniques are direct and make no apologies but they are very effective in removing long-standing obstacles to health and allowing better tissue health and mobility. Marjorie is an enthusiastic and experienced teacher and with her you are guaranteed a lively, entertaining and enabling course". Enda Butler, Osteopath, London, England
British School of Osteopathy



*A Powerful Tool
to enhance your
Therapy Sessions!*

SCAR WORKSHOP

MARJORIE BROOK

The STRAIT Method™ Scar Tissue Release Level 1

Do you have clients with Fascial Restrictions, Adhesions or Scars?

Find out how to assess fascial restrictions throughout the body and how to breakdown scar tissue and adhesions from superficial to deep fascia.

Receive solid training in the physiological and anatomical effects and principles of fascial restrictions, scar tissue and adhesions, the latest research on fascia.

Discover a detailed eight-step approach to manually releasing scar tissue and adhesions.



*Small Classes w/ tons of
One-on-One Instruction!*

A practical hands-on workshop

What You'll learn in this course:

- The long- and short-term effects of scar tissue — from the physiological to the psychological
- Which orthopedic and neurological factors to take into account when working with a new patient
- The indications and contraindications for Scar-Tissue Release Therapy relating to diseases, injuries, joint replacements, and aging factors
- Introduction to Integrated Therapeutic Stretching
- The art of effective client communication

Gain awareness of the effects of fascia and its importance to our well being

"Marjorie Brook's course on treating scar tissue adds another valuable skill to the osteopathic tool-kit! The techniques are direct and make no apologies but they are very effective in removing long-standing obstacles to health and allowing better tissue health and mobility. Marjorie is an enthusiastic and experienced teacher and with her you are guaranteed a lively, entertaining and enabling course."

*Dr. Enda Butler, Osteopath
British School of Osteopathy*

Marjorie Brook Seminars – BOC NCBTMB NY Board Approved Courses

Hosted By:
Anatomy Trains Australia

Perth, WA - May 13th, 14th & 15th 2016

Early Bird : \$690 AUD before 28th February, thereafter: \$750 AUD
The Gary Holland Centre, 19 Kent Street, Rockingham, WA 6168

To Register:

Email Phillipa: info@anatomytrainsaustralia.com

www.anatomytrainsaustralia.com

Also available in Sydney and Auckland

"Having worked with AIS (active isolated stretching) I was intrigued to see what Marjorie could bring to the party! Marjorie certainly has a fresh and innovative perspective on this technique. Really enjoyed the learning experience"

Joyce Gavin B.Sc ACSM Cert, Author BODYFIRM Founder, Managing Director, Master Trainer for the PROGRESSIVE Pilates Academy, & European Master Trainer for FreeMotion (USA) I Tonic Ireland's first lady of Pilates being credited with bringing this wonderful technique to Ireland in the 90's. www.pilatesireland.org

"Marjorie's scar tissue release course was enjoyable to attend & very inspiring. Her approach & techniques have enhanced my practice by enabling me to recognise the effects of scar tissue & fascial tensions in certain patients. I have found the techniques to be easy to apply & extremely effective in treating these adhesions & have experienced excellent results. I highly recommend this course to all physical therapists!"

Terri Willmott, Osteopath, Driffield, England


"I'll write a blog post later this week, but wanted to quickly share the Marjorie Brook love. After dinner Saturday night (following a seminar we were both attending), I shared my "cancer thriver with long term jacked up-ness" story with Marjorie. It took about 2 seconds for her to invite me back to their room where Marjorie worked her "special brand of magic" on my neck scar and jaw. After 16 1/2 years, I can once again feel cold and heat on my neck. My nagging left SI joint is now happy. I can speak like a "normal" person. My face is thinner. My nose is back to the center of my face. My sinuses are clear. I can HEAR out of my right ear (had no idea I wasn't hearing well out of that ear for 16 years). In short, Marjorie changed my life. Excuse me while I go bawl like a big ol' baby . . . again. If you or anyone you love (or even remotely care about) needs scar tissue work, Marjorie is the one to see."

K. Kuester Rossler Wasington, D.C.

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 <https://www.anatomytrainsaustralia.com>



MOVEMENT

IAN ODWYER



As therapists there is an unfair advantage, in my opinion, “feeling” the tissue, tension and texture of a client, this gives the therapist a huge amount of information from a physical and emotional perspective. Quite often far more accurate than listening to what they say!

In my journey I have experienced a lot through hands-on, being treated as a patient and also treating clients in my business. As a semi professional sports person I experienced many injuries through poor conditioning and physical contact. It was the frustration of my body needing help but not having access to anyone to perform what was required that challenged my emotions.

I am a problem solver; I inherited it from Dad who was a horse breaker. He had an innate ability to observe, understand and create solutions that enabled his animals to move and feel better. The privilege of observation, innovation and application has enabled OD on Movement to create solutions for practitioners and clients when the therapist isn’t available OR post treatment. Knowing what to feed the body to enhance movement, improve vitality and function optimally in everyday life is essential.

For many years the focus has been on the nerve, muscle, bone principals; improving communication/stimulation, increase strength and flexibility and success will be guaranteed. How many of us as practitioners have found this system flawed or less than optimal in successful outcomes? More importantly it has done very little for longevity of relationships with clients.

The nature of this article is not to create a right or wrong belief but to expose other options to solve problems and empower clients and practitioners.

The OD on Movement philosophy practices a more progressive view of the “human being”, looking at three major components; tissue, motion and force. This has been brought about by the in-ability of people to recover, move and perform optimally on all levels. We have witnessed regularly over 20 years increased systemic inflammation, depleted autonomic NS, discomfort, degeneration through repetitive motion and misunderstanding of load (force) on the body.

TISSUES...this encouraged OD on Movement to scrutinise other tissues that have been ignored or compartmentalised in everyday performance and understand their roles and benefits more intently, connective tissue, blood, epithelial and lymph. These tissues play a huge role in many of society’s mounting problems but are commonly disregarded. Simply implementing a strategy for improved hydration can increase these four tissues in performance, healing and communication. This is scientifically proven but hey it’s often the simple things that give us the biggest result!

MOTION...is critical for people to remain well and live a quality of life, yet isn’t really appreciated when implementing exercise. To appreciate the intimacy of the ankle, hip and thoracic spine is critical as an integrated unit.

Realisation of these moving rhythmically with optimal timing in 3 dimensions will ensure three outcomes

- Optimisation of energy system expenditure (we wont run out of fuel when we need it most!)
- Decrease energy leaks. (Understanding what type of movements are required for the task at hand; contractile or tensile response)
- Decrease injury opportunities.

Good motion is a necessity for our aging population to remain independent and responsible for their own quality of life!

FORCE...this is often misunderstood by many in our industries, accepting whatever we do on a table to tissue with have a completely different affect when gravity, ground force, mass and momentum are added (standing/gait). Activating/deactivating a muscle on a table with out a strategy around these components (tissue/ motion/force) may completely throw out the rhythm and timing of the major complexes (ankle/hip/T Spine) leading to inefficiency of motion and possible injury.

MOVEMENT

IAN ODWYER

So what type of force should you apply? Is it relevant to the client's environment? Does it mimic their challenges? Is it within their threshold of movement?

The answers certainly are challenging however if we don't have some type of comprehension in all three of these areas, the experience and outcomes may be less than optimal for the client.

The combination of movement and hands on therapy provides empowerment for the client to regain responsibility their own quality of life. To help a client move and feel better in our session is great but more importantly to have the tools to maintain this outside of our session; that's the ultimate outcome!!

Here are some links to some simple movements that will help your clients.
<https://www.youtube.com/watch?v=gp3IODkjRLI>
<https://www.youtube.com/watch?v=Z9QKjmR6i0Q>



Body Play...

Unravelling the Human Being

March 17/18, 2016. Auckland

Enhance your client's experience by playing in the fascial network with Thomas Myers and Ian O'Dwyer.

Learn how to use the fascial properties –

- viscosity
- elasticity
- plasticity
- remodelling

To increase power, reduce injuries, speed healing and recovery, and make training fun - fun for you, and fun for your clients. Learn to 'listen' to your fascia via the numerous sensory receptors, and 'speak' to your fascia through various types of movement training.

Join Ian and Tom for a rollicking tour of the Anatomy Trains Myofascial Meridians with author and bodyworker Tom Myers, and OD on Movement/PTA Global's, Ian O'Dwyer. These two bat the ball back and forth between theory and practice, using totally involving and applicable exercises for creating fascial (and every other kind) fitness. Get your questions on fascia and fitness answered by experts with years in the trenches. Learn where your own 'blind spots' are and how to get them moving.



Workshop Agenda

March 17/18	Connecting Techniques, Therapy, Application and Play.
Bookings	info@kmiaustralia.com

Workshop Cost

Early Bird	\$700AUD
Normal Cost	\$750AUD

The location of the workshop will be confirmed once final numbers are identified. We will then inform all attendees by email.



A quick guide to 2016 Workshops

January:

- **Anatomy Trains Manual-** Townsville
9th & 10th January
Julie Hammond

February:

- **Anatomy Trains Manual-** Perth
12th, 13th & 14th February
Julie Hammond
- **Anatomy Trains in Motion-** Melbourne
For Manual and Movement Therapists
26th, 27th & 28th February
Julie Hammond & Muriel Morwitzer

March:

- **KMI Part 1- Structural Vision-** Sydney
2nd, 3rd, 4th & 5th March
Tom Myers
- **Body Play-** Auckland
17th & 18th March
Ian O'Dwyer and Tom Myers
- **Anatomy Trains -** Auckland
For manual and Movement Therapists
19th & 20th March
- **FRSB Head, Neck & Jaw**
21st & 22nd March
Tom Myers
- **FRSB Fans of The Hip**
24th & 25th March
Tom Myers

May

- **Scar Tissue Release level 1-** Perth
13th, 14th & 15th May- 2.5 days
Marjorie Brooks
- **Scar Tissue Release level 1-** Sydney
19th, 20th & 21st May- 2.5 days
Marjorie Brooks
- **Scar Tissue Release level 1-** Auckland
24th, 25th & 26th May- 2.5 days
Marjorie Brooks

June

- **FRSB Arches and Legs-** Perth
4th, 5th & 6th May- 3 days
Julie Hammond
- **FRSB Arches and Legs-** Sydney
11th, 12th & 13th June- 3 days
Julie Hammond

July

- **FRSB Fans of The Hip-** Perth
2nd, 3rd & 4th July- 2.5 days
Julie Hammond
- **FRSB Fans of The Hip-** Sydney
9th, 10th & 11th July- 2.5 days
Julie Hammond

August

- **FRSB Abdomen, Chest & Breath-** Perth
6th, 7th & 8th August- 2.5 days
Julie Hammond
- **FRSB Abdomen, Chest & Breath-** Sydney
13th, 14th & 15th August- Julie Hammond

September:

- **FRSB Tensegrity Spine-** Perth
3rd, 4th & 5th September, 2.5 days
Julie Hammond
- **FRSB Tensegrity Spine-** Sydney
10th, 11th & 12th September, 2.5 days
Julie Hammond

October:

- **FRSB Shoulders and Arms-** Perth
8th & 9th October, 2 days
Julie Hammond
- **FRSB Shoulders and Arms-** Sydney
15th & 16th October, 2 days
Julie Hammond

November:

- **FRSB Head, Neck and Jaw-** Perth
5th & 6th November, 2 days
Julie Hammond
- **FRSB Head, Neck and Jaw-** Sydney
12th & 13th November, 2 days
Julie Hammond
- **Anatomy Trains in Training Part 1-** Perth
25th & 26th November
Ari- Pekka Lindberg
- **Anatomy Trains in Training Part 2-** Perth
27th & 28th November
Ari- Pekka Lindberg

December

- **Anatomy Trains in Training Part 1-** Sydney
1st & 2nd December
Ari- Pekka Lindberg
- **Anatomy Trains in Training Part 2-** Sydney
3rd & 4th December
Ari- Pekka Lindberg
- **KMI part 2- Structural Balance Certification Module-** Sydney
2nd - 5th Dec, 6th & 7th off, 8th - 11th Dec- 8 days
Don Thompson and Julie Hammond



Tom Myers



Julie Hammond



Ian O'Dwyer



Don Thompson



Marjorie Brooks



Muriel Morwitzer



Ari- Pekka Lindberg