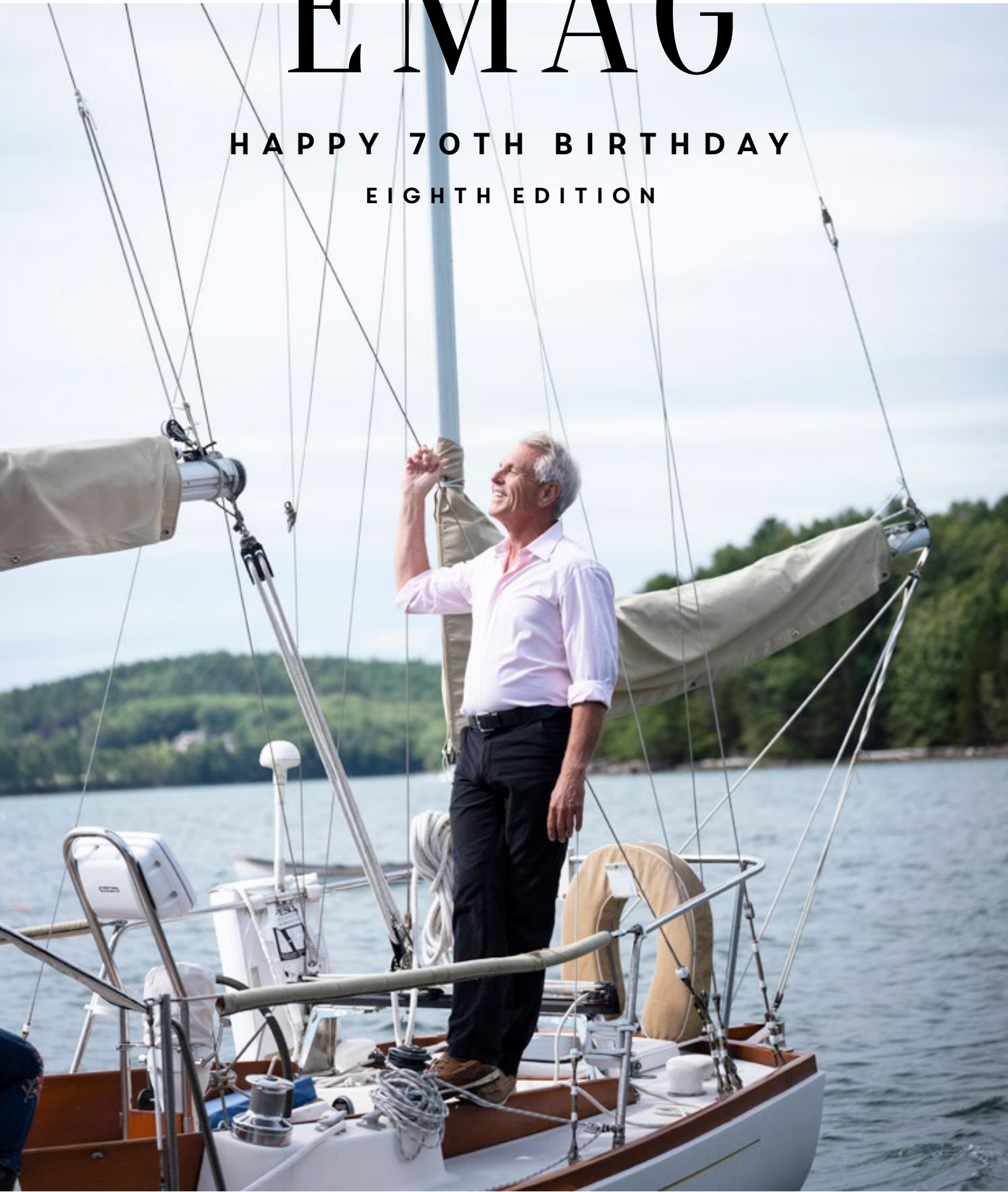




EMAG

HAPPY 70TH BIRTHDAY
EIGHTH EDITION



INTRODUCTION

It is such a pleasure to be putting together this special edition of the Anatomy Trains E magazine, to celebrate Thomas Myers' 70th Birthday.

Tom always kicks off the E magazine with one of his articles so, as this edition is a surprise for Tom, I thought it would be fitting that his daughter Mistral wrote the first article. Mistral's article is beautiful and she definitely follows in her father's footsteps with her writing skills.

I have collected stories from friends, family and fellow teachers of Anatomy Trains about how they met Tom and their fondest memories. We have messages from Robert Schleip, Gil Hedley, David Lesondak and two of my favourite teachers, Lauren Christman and Lou Benson.

Personally, Tom has been a huge influence in my life, as well as a dear friend and mentor. I know many other people feel the same and I apologise to anybody I forgot to include.

I would like to thank Melanie Burns, Chief Operating Officer for Anatomy Trains for helping me put together this special edition.

Thank you to Cig Harvey for the photos on our front and back cover.

Happy Birthday Tom

Jules

Every decision that we make

leads us down a different road

We will never come to exactly the same crossroads.

Every decision that we make *has significance*.

The tiniest choice that we make

reverberates throughout

the entire universe

The *River speaks*

The only thing that matters

is for someone to *see more in you*

than you ever thought

there was to see



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THE MIND IS A FUNNY THING

MISTRAL MYERS

I always wished I could have been blessed with an eidetic memory, able to replay my life back to myself like one long film, untarnished by nostalgia and age. Unfortunately (or perhaps, on reflection, fortunately) I am stuck with a more average mental hard drive, which has succumbed to the trappings of passing years, to rust, to tiles cracking in the mosaic. I can't give you a full description of what it's been like - 32 years of father and daughter - but I can say that the sum total of these fractured little fragments still make a pretty lovely, rich, and colorful picture.

There are thousands (millions, perhaps) of these mercurial little vignettes floating around my mind, which frequently leap out of the mental ether, like salmon in the river of time. I know the details will cloud as the years continue, the sharp lines around the edges will fray just a little bit, but really, it's the feeling we leave each other with, more than the content, isn't it?

I Remember...

staring at my feet, which are stretched out in front of me. The boat beneath us is tipped slightly under the weight of the oncoming wind and the pages of my book are snapping in the breeze. (I'm pretty sure it was Tolkien, or Le Carré, but I can only remember the snapping pages, not the words on them.) You're at the helm, sporting a look I am certain many readers here will know all too well: complete and full-bodied contentment. Sunglasses jammed on so you can point your face directly at the beaming Maine sun, sea salt prickling your skin, that contemplative look that feigns profound meditation but is actually hiding a goofy, delighted smile. (And on occasion, the exact opposite.)

Suddenly, a great gust smacks the sails, and my flailing limbs lurch for the nearest available handle to grip. My base instincts are so jumbled that my brain is absolutely convinced that the boat is not just going to tip me over the side and into the frigid sea, but that it is going to roll and roll and roll forever.

From between the panicked thumps of blood in my ears, I hear your cool, clear voice, laughing a little, and calmly explaining the physics and engineering behind sailboat design, and why (despite my screaming brain synapses) there is a zero percent chance of us capsizing in this gorgeous, storm-free weather. Whether or not I held on effectively was up to me (the physics behind my athleticism were considerably more dubious), but really, I didn't need to worry so much.

I reflect on this moment with an intrinsic understanding -- which I learned from you on that very day -- that fear is a tool of our survival but cannot always be trusted to accurately reflect our reality. The more you learn about the world, the less that irrationality of your fear will control your experience.

I also learned that flailing about on a boat that is still very securely in the water makes you look like an idiot.

I remember... warm, star-filled summer nights sitting with you and Annie in her "office" in the garage, hearing the gentle roar of crickets in the field outside, so stark against the stillness of Clarks Cove. In my periphery, fireflies are blinking as they soar past the open garage door. You and Annie are telling stories, bouncing back from one to the other in almost practiced rhythm -- storms you've sailed through together, the early days of On Balance, repeats of jokes we've all heard a hundred times but still make us laugh all the same -- simple stories. Simple moments. And yet, some of my most cherished.

I look back on those nights and I so badly want to slip back inside those moments, hug you both tightly and bask in the comfort and warmth of that familiarity, that care, that sense of home.

I remember...following you up the steps of Monastiraki Station and into the streets of Athens, disoriented from the jetlag but instantly refreshed with my first taste of aromatic Greek air.

You'd said so many times before we took this trip that you felt that you "had Greece in your bones," and I knew in that moment, just five steps into the square, that I had Greece in my bones too.



“WORDS ARE A CURRENCY THAT
WE’VE ALWAYS EXCHANGED SO
EASILY AND, FOR THAT, I WILL
BE FOREVER IN YOUR DEBT.”

We are different in so many ways, but clambering over the ruins of Mycenae (dodging the glassy-eyed tourists so that we could debate the righteousness of Clytemnestra's sacrifices in peace); running our hands over the white washed walls of Ydra as you helped me sound out the names of each cross-street (do you remember that donkey on the hillside that we befriended?); and watching the sun disappear over the horizon as we took the final steps of our hike from Thira to Oia, I think I fully understood what you'd meant by "like father, like daughter."

I remember... quite literally hundreds (could we be reaching thousands?!) of Scrabble games -- first on the old slippery cardboard set we all know and love; a bit later on that fancy new model, with the swiveling lazy-susan bottom and rigid plastic grid that held all of the little tiles in place, and finally, on our smartphones, halfway across the world from one another, via the very modern medium of the app.

I remember those early games, the ones on the old, slippery board, as being merciless. I was young and inexperienced with words, and would invariably lay down my timid little three-letter word (C-A-T, or some such nonsense) in some nondescript section of the board -- only to watch you fell my measly gains with Q-U-I-X-O-T-I-C dropped atop a triple-word score, punctuated by a roar of victorious laughter as you greedily counted up your points.

I was stubborn and furious back then and wondered why you wouldn't just cut me a break (geez, dad!) -- but I am so grateful now that you insisted on playing me as a peer, rather than a child. Your knowledge of the English language is famously encyclopedic and presented an impossible challenge, even despite my childish pride. However, some alchemy of those games drew me down a wordy, etymology-researching, literature-filled path as the years progressed and my love of words brings so much joy to my life and work now.

Words are a currency that we've always exchanged so easily and, for that, I will be forever in your debt.

I remember... you telling me, on the day after my wedding, and again a week later, and again a month after, how wonderful and touching you found the celebration. I'm not a "wedding person," I never dreamed of my "big day," I never once wished I could feel like a princess. I'm also a tough lass and I've long been steeled against any criticism I might receive from society about having a wife, rather than a husband. Still, each time you told me how wonderful that day was, and how much you enjoyed it, I crumbled. It brings tears to my eyes just thinking about it. Such silly little words! But they meant so much.

These memories aren't the sum total of me, you, or of us, and there are so many others I might have pulled, some undoubtedly more profound. But the feelings a person leaves us with are not a simple calculation of retrievable memory, there is certainly no discernible points system involved.

Indeed, one of my very most favorite pieces of growing up as your daughter was seeing -- in the midst of your successes, your accolades, your many impressive achievements -- that it can be the most innocuous of exchanges, the simplest of kindnesses, the most modest demonstrations of love that have left me with the strongest impression of you. It's the in-between moments where I catch it -- the unique perspective, the clever wit, the unexpected emotion, the clear case of the apple not falling very far from the tree! -- and know the real you, and am so grateful that I do.

I love you, Pops.





DEAR TOM

CHRISTOPH SOMMER

I wish you a happy birthday – “sta ekato“ on to the 100 yrs – as they say in Greece.

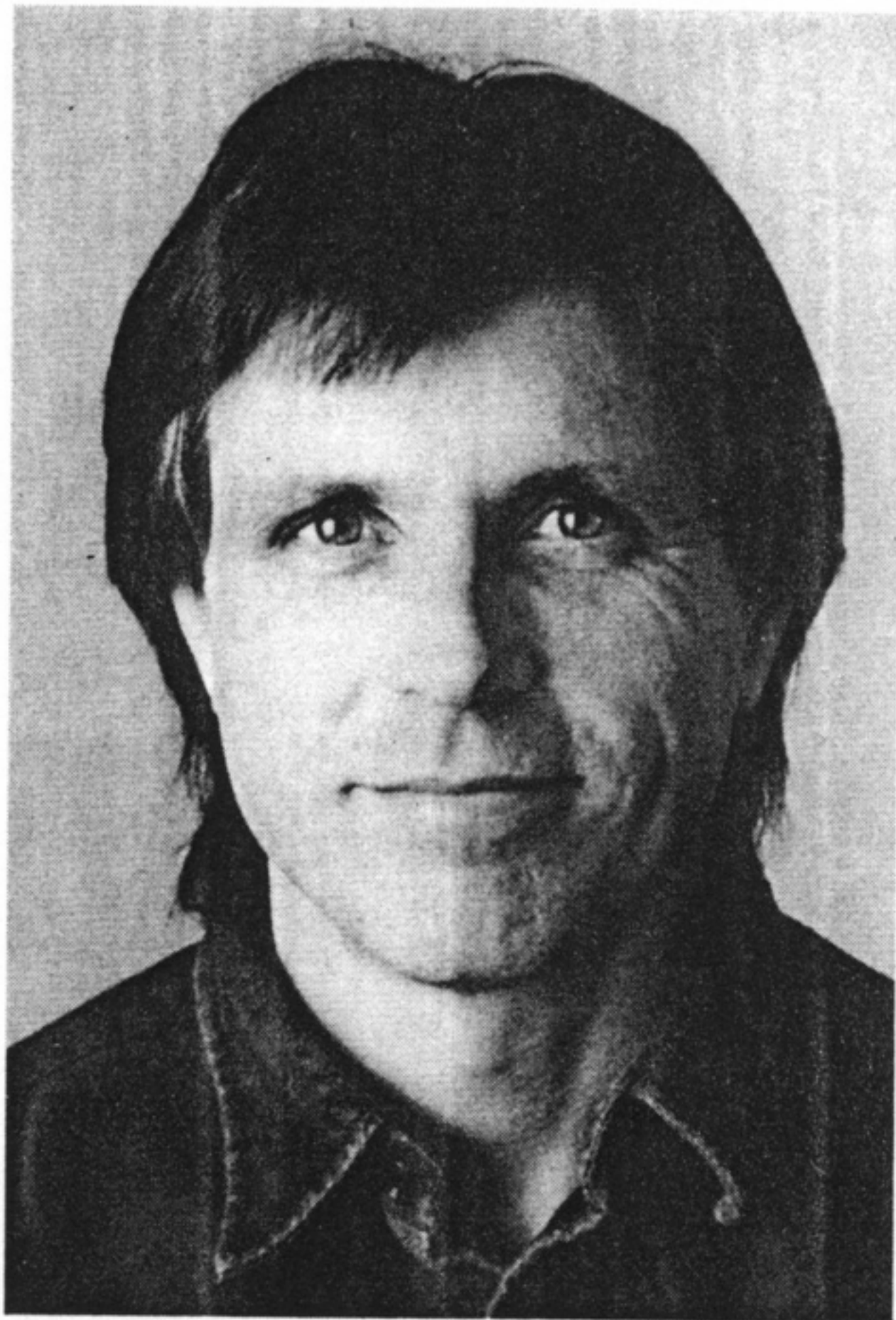
When I first met you literally half a lifetime ago (yours - not mine) I met a young, dynamic and enthusiastic teacher in London. “Work hard, study hard and play on the edges of human bodily experience” was your credo and you were putting your money where your mouth was – which was indeed very convincing to me and made me enter the field of Structural Integration. Back then only Rolfing® was the existing brand.

Our friend - and brotherhood - started back then in London and has been in close contact since then. Your main passion – the work (and life itself) - made you travel the world with your Misty, and then return to the States from London to Santa Fe, then to Portland, ME and finally to your homeland – a dream you always lived for. It also made you travel your own path in the work, developing ANATOMY TRAINS, where I witnessed your early beginnings to geographically map the connective tissue web in the human structure. You founded your own school with your own fascial continuity concepts and have not stopped investigating into the human organism since.

Many memories of sailing together, sometimes in light breezes, sometimes in heavy ones; sometimes with good visibility, sometimes with total fog around us; are describing your willingness to explore the edges. Sometimes sailboats scrape on reefs and flood and can be rescued, sometimes they sink; the same is true for loves in our lives I would say.

Being grateful to have met you, shared with you and carried you in my heart, no matter where on the planet we happen to be: I wish you all the best
- STA EKATO!

Christoph Sommer, Miesbach, Germany.



Massage Magazine Issue #50, 1994

THE BROAD REACH OF THOMAS MYERS

LOU BENSON

When I first met Tom Myers in 1994, he was very involved with a project he initiated, co-created and taught with Deane Juhan, James Oschman and Caryn McHose called "The Broad Reach of Bodywork." Here is a picture of him from that time and below, an excerpt from an article he wrote about the Broad Reach that speaks to some of the inner qualities that define him still: the drive to question, include, share, debate, sort out, organize, articulate, and for sure, to work hard to promote research and collaborative efforts in our field. Years later, you can see the same drive for collaboration in Broad Reach reflected in Tom's role as a founder of IASI.

When Julie asked me to write a piece for Tom's 70th birthday about my history with Tom and KMI/ATSI, I brought down the older of two file boxes of Tom related notes and articles from my top closet shelf. I still have all my notes from all the classes I've taken with Tom over the years, including the first one in 1994. Tom was teaching at the Rolf Institute in Boulder and sharing an office with our beloved and deeply missed Annie Wyman at their "On Balance" office in Portland, ME. He was practicing and teaching some of his own classes in Portland too, and that is where we first met.

Anyone who's read Tom's work or taken a class with him knows the ferocity of his intellect, the wide scope of his curiosity, the strength of his energy and charisma, and his ability to beautifully synthesize and articulate a wide array of facts and perspectives.

What is the "Broad Reach?"

"The Broad Reach of Bodywork" was created to begin this process of grafting together the diverse shoots on the bodywork scene. Look around in your mail and the magazines and you will find that two types of training are offered: full-scale training programs in a specialty, or short graduate continuing education courses to add another technique to the practitioner's quiver.

Broad Reach is different. Like Zahourek's Anatomiken® courses, Broad Reach is transdenominational, a meta-course designed to be useful regardless of where your own mix fits into the spectrum of hands-on work. We are attempting

to creatively synthesize the principles from a wide spectrum of touch and movement-based therapies, and bring them firmly but spaciouly into embodiment. Broad Reach offers any practitioner an overview of the whole profession and the long string of research in anatomy, physiology and bio-physics that lends credence to our subjective experiences. Broad Reach is a total immersion into the language and details of consensus somatic science, but presented in an evolutionary and developmental context designed by and for bodyworkers.

All the techniques out there work (though no one technique works for everybody every time), and all of them have value. But why do they work? Where do they really differ, and where are they the same? We need to communicate with each other and expose ourselves to each other's questioning. Broad Reach is essentially a chance for Milton

Trager to "argue" with Ida Rolf, for Moshé Feldenkrais to "rub shoulders" with Mabel Todd.

Perhaps more than anything else, Broad Reach is an opportunity to work closely with four committed explorers from four "corners" of the bodywork world. We have come together, outside of any particular school or single philosophical construct, to share a state-of-the-art presentation around the varieties of somatic experience.

Massage Magazine
Issue #50, 1994

For example, I see lots of information in my old notes to which students today will still easily relate through Tom's books, articles, dvd's, webinars and our ever expanding group of classes and teachers: my rough attempts to copy Tom's drawings of embryonic cell divisions, the 3 sets of ribs and detailed anatomy of a vertebra, sympathetic-parasympathetic state-trait graphs, muscle fiber orientations, and a more obscure full page bringing clinical anatomy in tune with the chakra system. To the side is a copy of my notes from the first time I heard Tom's lecture on the three body-wide, whole system communications nets:

In addition to the wealth of other pragmatic information, here are some other gems from my early notes.

We origami into human beings.

The mesoderm grows out and around the ecto and endoderm. It bends them until they meet.

We have 60,000 miles of circulatory tubing. That's enough to go around the earth 2.5 times or 1/4 of the way to the Moon.

A quarter in your palm covers about 1,000 nerve endings.

The Carotid artery goes to the Pituitary first. The Pituitary manages the fluid system in the body. The top of the legs, "2-ness," starts at the 12th rib, Psoas and Kidneys.

What is a body? Patterns that perpetuate themselves recognizably.

A series of energies, per the physicists; a series of cells, per the biochemists...

A colony of 10 trillion consciousnesses in cell form. You are a pattern that the sun and earth left on the beach.

There are 200 layers of dead skin cells before you get to a live one.

If cells can't get adequate nutrition and hydration, they first shut down their specialized function (contraction, conduction, secretion, support) and just try to survive.

The connective tissue system forms a continuous ocean of tension in which the bones float.

The nervous system fine tunes the tension. The circulatory system nourishes it.

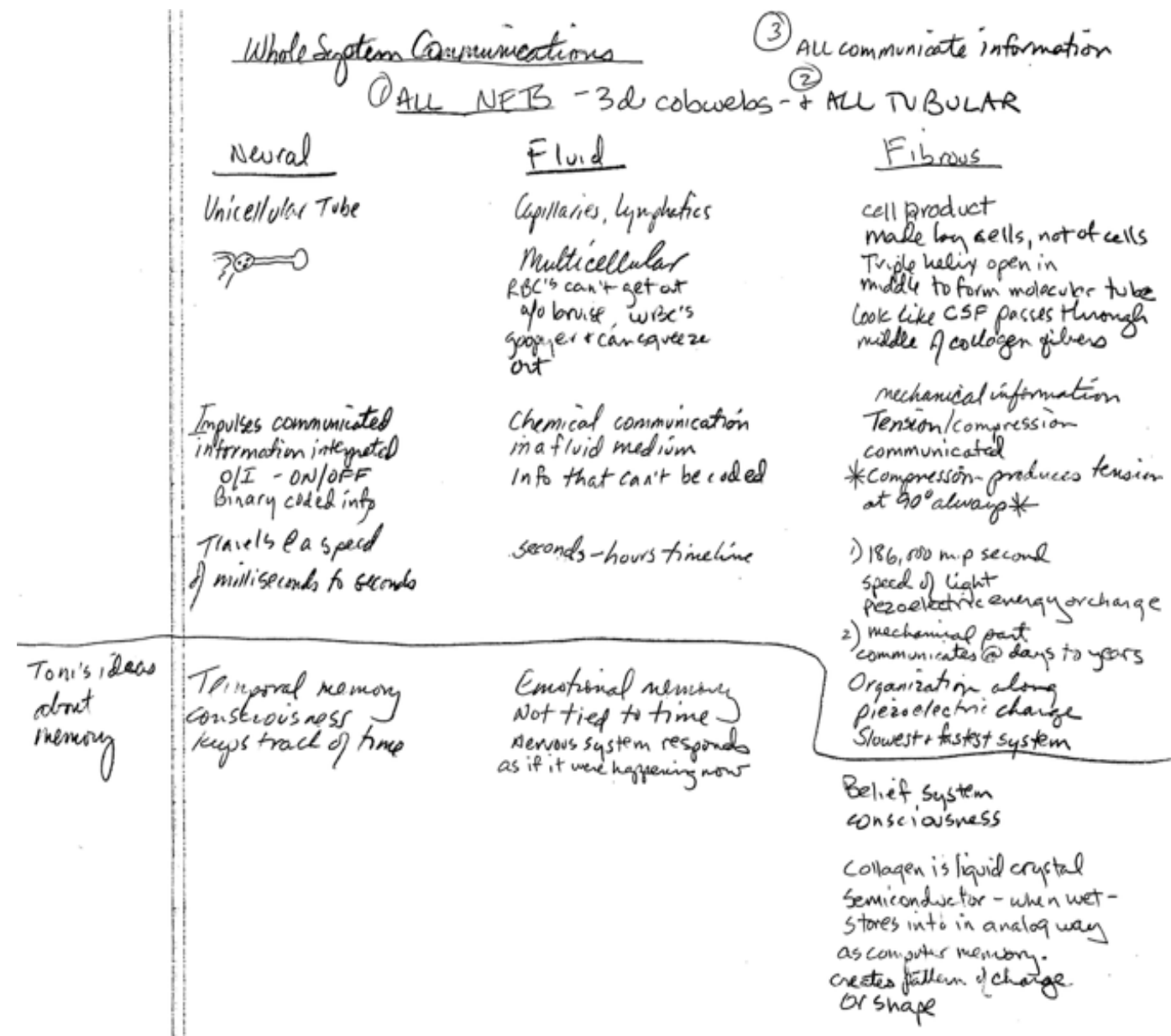
Walking is an action of the spine.

The motor cortex cannot move what the sensory cortex cannot feel.

Energy cyst or "sist" as a thing "resisted" or "insisted." An event held away from the personality.

How does the fibrous net know how to organize itself?

Feeling what is. Following what is.



What struck me most though, as I flipped through my folders and notebooks was how immediately I felt connected to the information in even my oldest notes, and to so many memories of Tom teaching. The factual information by itself generates a palpable inner spark and gets my brain cells happily whirring, but there is also a deeper connection to the words below the words. There I see what each of us alone can see: the story of our personal transformations through undertaking this work. Threaded through the center of my story is the indelible impression of the 10 trillion consciousnesses that cohere every day to bring the world Tom Myers. It would be impossible to separate the power of Tom from the power of the impact of this work in my life. I was lucky to catch him before the world caught on and am still lucky to be able to catch him sitting in a bucket after a long day, with one more point to drive home.

In the article I wrote for this E-Mag in 2017, I quoted BKS Iyengar saying, "The greatest gift a teacher can give a student is genuine interest: such genuine interest can transform and shape a student's life beyond measure." That is certainly the gift Tom brought to me through the infectiousness of his own genuine interest and generous teaching, and indeed, that gift has transformed and shaped my life beyond measure.



Tom in a bucket, still able to make a strong point.
After class at Clarks Cove with Carrie Gaynor.
2011

— In the living tradition of Dr. Ida Rolf—Join a creative revolution in manual therapy.

STRUCTURAL INTEGRATION

Certification Training

As presented by **Thomas Myers,**
author, anatomist,
and integrative
bodywork therapist.

Kinesis Myofascial Integration

Part 1:

STRUCTURAL STRATEGIES

Cambridge, MA
Sept.- Dec. 2001

About the Instructor:



Thomas Myers
Rolf® & Anatomist

TOM MYERS has practiced Structural Integration for nearly 25 years in a variety of clinical and cultural settings. Tom trained directly with Dr. Ida Rolf, Dr. Moshe Feldenkrais, Judith Aston, and Buckminster Fuller, as well as the European versions of cranial and visceral manipulation. Tom served as Chair of the Rolf Institute's Anatomy Faculty, and was a founding member of the NCBIIMS. This is the 6th year that Tom has taught Structural Strategies in Boston.

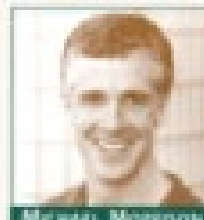
Tom writes and lectures internationally on the art and science of structural bodywork, including in *Massage* and *Massage & Bodywork* magazines, and in the *Journal of Bodywork and Movement Therapies*. Tom has produced a video on myofascial anatomy entitled *Anatomy Trains*, *Myofascial Meridians for Bodyworkers*, and a book on the subject due out in the autumn of 2001.

Tom is a member of the Rolf Institute, the Guild for Structural Integration, and the AMSA. ▲



Lou Benson

LOU BENSON has been challenging herself in practice since her graduation from the Massage Institute of New England in 1991. She generates a similar passionate challenge and sense of wonder about the body for her students. Lou's work brings anatomy and physiology to bear in facilitating the body's full range of expression. Lou practices and teaches in and around Boston, MA and Montpelier, VT. She has studied with Tom Myers since 1995; is a KMI practitioner and is currently undertaking a certification training in Aston Patterning. ▲



Michael Morrison

MICHAEL MORRISON, M.S. is a Certified Rolf® and KMI practitioner. Michael spent much of his life in the sciences, studying broadly in biology, geology and oceanography, capping his scientific career as the coordinator for a 20-year project that recovered 110,000 years of continuous climate history from the Greenland Ice Sheet.

Drawn to Bodywork in 1993, Michael has delved deeply into anatomy, biomechanics, and models for how structural bodywork operates, through Rolf® trainings with Deane Juhari, movement training with Caryn McHose, and KMI with Tom Myers. He lives these questions in his private practice in Portland, Maine, through his writing, and by assisting Tom in his classes. ▲

The early days, just before publication of *Anatomy Trains* rocketed Tom onto the world stage.



MESSAGE TO TOM

ROBERT SCHLEIP

What a joy and tremendous inspiration to have you, dear Tom, as a long-term friend and spear-heading pioneer within the dynamic field of neuromyofascial therapies!

While we shared the passionate beginnings of questioning the traditional mechanistic tissue change explanations of the Structural Integration models in the 1980s and 1990s, you impressed me - as well as the rest of your life science colleagues at that time - with your sharp inquisitive mind and creative didactic inventions. Even better: your brilliant writings during the last few decades have paved the ground for thousands of practitioners in spreading their missionary somatic work across this beautiful planet.

Looking back at when you “took off” and started your own work as early as the 1990s, from my bystander’s point of view I think you did this in a very elegant, mature and wise manner. Your new work contained the best of what you had learned from legendary masters such as Ida Rolf, Moshe Feldenkrais, Buckminster Fuller, and others, enriched with a vast body of new insights, concepts and tricks from your own sparkling brain. While you were rapidly sailing off to new horizons, you always kept your respectful and supportive personal ties alive with your former buddies from inside as well as outside of the various Structural Integration faculties.

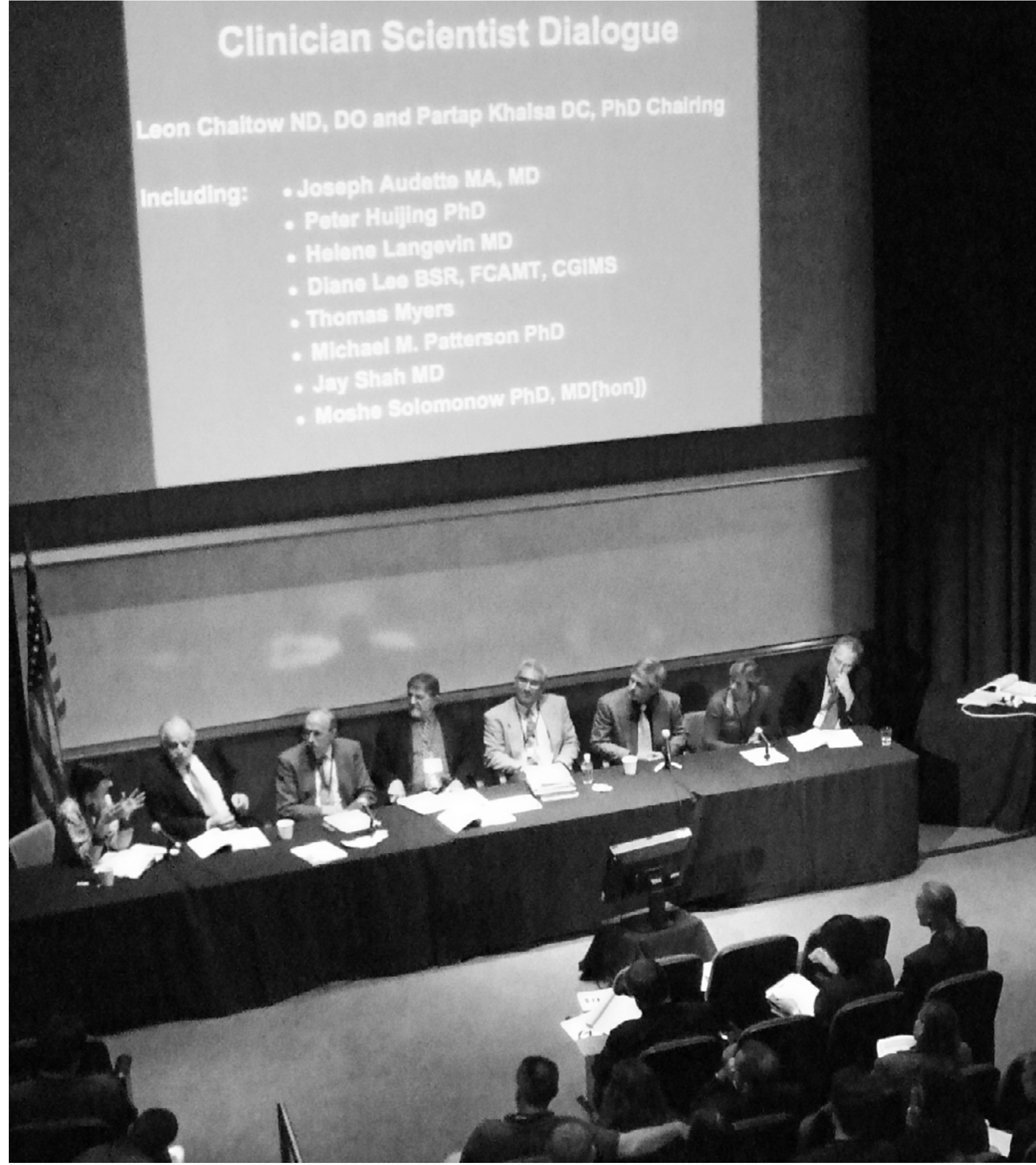
Let me share an important detail, which is probably not known by many at this time. The historic success of the first Fascia Research Congress, held at the grounds of Harvard Medical School in Boston in 2007, was due to a combination of several lucky factors and incidences. While Thomas Findley, Leon Chaitow, Eric Jacobsen, me and others pulled some visible strings on the outside, you, dear Tom, contributed several very important background connections and resources for us, which provided much more than a few missing mosaic stones to the overall accomplishment.

In fact, I heavily doubt, that without your important support, this congress would have happened at all; not to speak of this event starting an avalanche of subsequent new global research activities around fascia which we have been observing with shared exhilaration since then!

While these are only a few of your many contributions to the world, I am sure that Ida Rolf, Moshe Feldenkrais and many other former teachers and colleagues would be - or are - delighted to celebrate your 70th birthday, your accomplishments and continued sparkling creativity with you. I am certainly toasting with great joy today to your shining light in our shared field of questing century old mechanistic assumptions about the human body.

Fascianatedly yours

Robert



TIME WITH MY FRIEND TOM

LAUREN CHRISTMAN

After about eight years in practice, I knew I wanted a deeper grounding in anatomy to help balance the process-oriented focus of my work with clients. My husband showed me Tom's Body3 collection of articles. Just reading the first article — its detail, clarity and scope, as well as the skillful writing — I was hooked. I knew I wanted to study with this man.

I first met Tom in person later, in 2002, over lunch on a sunny spring day. Tom was in town teaching Anatomy Trains and we met, along with the founder of the massage school where I had been working as a teacher, to discuss whether our school could host his classes here in Seattle. From Tom's essays, I knew that his way of thinking about the body would be a great match for our graduates. From our interaction, I could easily see the founder/owner side of Tom: having a vision of one's own and being in the midst of the hard hard work of making it happen. We three discussed our courses, the profession in general and the role of touch in promoting healthier living. Looking back on it, that was the beginning of many such conversations that I've had with Tom — taking big sky ideas and imagining them into form, how to run a business with integrity, and taking principles from many fields of thought and applying them to the body and the art of skillful touch.

When I was able to take his 3-day AT class six months later, his idea of 'spatial medicine' rocked my world. He put words and structure to a set of ideas that I'd been navigating in my practice, but without distinction or refinement. His clarity about posture and anatomy, the principles of tissue change from SI, as well as his dynamic approach to teaching, all resonated deeply with me. When, in response to a question about working with people who 'just want more pressure,' I heard him say, 'It's not my job to break my body on your insensitivities,' I started to cry. He was speaking into the underpinnings of having a mature manual practice. I tell my students that learning SI, practicing SI, matured me as a practitioner in a way that other methods didn't. This comes from a close-ended process. I can still hear Tom's voice at the beginning of the final phase of our training (Pt. 3.3), with his cupped hand to his head, saying, "Do you hear that? That's your karma coming!" How we all nervously laughed, somehow knowing before the fact, that we would indeed have to face squarely the changes that our clients did or didn't reap during the 12 sessions. The process of SI gave me a more complete and synthesized understanding of our architecture and a more sophisticated approach as a practitioner for midwifing change at this deep level.



Learning Structural Integration from Tom and Larry Phipps felt like the best of both worlds: we had Tom's expansive mind and passion for systems' theory, dynamic change and poetry coupled with Larry's 'old-school believer' nature that didn't need words to evoke change in a person's form. I was lucky to be in one of the last classes with Tom in the classroom every day. There was the feeling that he was going to say all he wanted to say about SI while he had the chance. That made for some long days, some bumpy days, but the group was up for it and we had a great party at the end!

During my training, he spoke about his passion for bringing this work to children — a dream that I also have. We began to imagine a children's clinic — a dream we both still harbor. To honor that, I would like to share this picture of Tom with his daughter at a young age. Many people will recognize the Myers' family farmhouse in the background. For me, this picture captures so much of what and who is dear to Tom's heart — the land where his family has lived, his daughter full of promise and laughter, and his embodied play with her as a way of being in a wholehearted relationship.

At some point in those early days, I received a full session from Tom. Of course, I'd felt his touch many times in class, little bits of this and that, but having a quiet session, just one on one was a real gift. As skilled as he is in presenting outward, the session was a chance for me to experience Tom's inward self, the quiet exploration, the intuitive creativity in his smart, strong and gentle hands. I could feel him in open conversation with my tissue, finding places that were restrained, stiff or 'off line'. He wasn't shy in meeting them, but also gave them room to breathe, to surface. It was a lovely meeting of 'two intelligent systems' as Ida Rolf would say.

By 2005 we had the first official teacher training. Tom's success meant that he needed to enroll more people to share the AT manual approach in short workshops. Teaching for Tom allowed me to take the skills I had from years at the massage school and hone them for varied audiences: small and large, here and abroad, one day or three or ten. I'm so grateful to have had such great material and so many chances to develop my understanding through the art of teaching. I feel fortunate to have been a part of that first group, many of whom are still teaching under the ATSI umbrella. In particular, I'm grateful that Tom entrusted me and James Earls with the material from (what used to be) Part 1: setting the practical foundation and spanning the big sky theories. James and I spent many hours working together to prepare ourselves to carry those ten days — studying, sweating, stretching ourselves in more ways than one! I've made life-long friends — James, Kelly, Mark, Larry, Sherri, Carrie, Lou, Simone, so many more — and continue to be inspired by this circle with Tom at the center.

In 2007, along with several SI colleagues, Tom reached another milestone: the launching of IASI and the first Fascial Research Congress. Both organizations represented a coming together of people with passionately diverse opinions and, in the case of IASI, a long shared history of embodying Ida Rolf's teachings. Not always an easy kinship, as people had divergent opinions of how to best honor her inheritance. Tom's own love of argument and standing in the fire allowed him, with others, to build a common vision for an organization that could be focused on the practitioners of Structural Integration (rather than the schools), and support a mission of furthering the presence of SI in the world. The picture on the previous page is Tom at the first IASI symposium. This to me shows him as someone whose success was starting to grow larger than he imagined. In his face, I see the years of work leading up to the moment, as well as the sense of being part of things bigger than himself. That weekend, I remember him asking me, "What do you do after your dreams come true?"





Since then, he's continued to work on behalf of the manual and movement professions, consistently aiming to bridge methods, philosophy and the isolated bubbles that exist in our compartmentalized worlds of health care, science and personal growth. Particularly in the last few years, he has hit a new stride — he's found a passion for movement that helps him to be healthy, resilient and vital. His smile has a vibrance these days that is great to see. It reminds me of the smiles he would have only on the water, the smile you see here with a younger Tom at the helm.

This remembrance wouldn't be complete without a word about Tom and sailing. The first time I went on the water with Tom, I was a bit wary because I grew up in a sailing family with a father who had a zeal for racing hard. I wasn't sure what kind of skipper Tom would be, especially with a ragtag group of students at the end of a long class day. He was gracious, clear and patient with us — he took us around the waters and islands near his home. It was obvious he knows those waters as intimately as a person could and being on the

water is a deep well of health and joy for him. A time to be away from the busyness of life, to reconnect with nature and to the legacy of his family, a time to think and feel and be. That he was willing to share that with us was a gift.

Tom, dear friend, I am so grateful to have learned from you, to have worked beside you and through it all to share a friendship that I cherish. Happy, Happy 70th Birthday! My heart sings to see you in your life as it's unfolding now.

Love and peace,

Lauren



A TRIBUTE TO TOM

DAVID LESONDAK

Many words can be used to describe Tom Myers.

Unfortunately, I have been given a mandate by the editor to keep this to one thousand words or less, so I won't be able to list all of them. But for all the years, adventures and misadventures, one word keeps coming to mind.

It was August 2002, and the last part of KMI Training Part One. We were in Montana and rumor had it that Tom would be getting here sometime on the first day because his father had died. Having experienced that loss myself four years earlier, I had some measure of how it felt.



When Tom showed up, his performance was more than perfunctory but we could also see he was tired. I think for a man a very special kind of world weariness hits you when your father dies. In some archetypal way, The King has fallen. You can't help but reflect deeply upon everything, not just on the nature of your own mortality and destructableness. At the end of the day I went up to him and expressed my gratitude for showing up. He was very practical about it, talking about the very real logistics of trying to reschedule the training and besides, what else was he going to do, sit around and mope? Better to do something.

That sounded a lot like my father, who, like Tom's father, was a product of the Great American Depression of 1929. So I said: "Well Tom, if your dad was anything like mine he would have said: "Does it mean losing money? Then go, I'll still be dead when you get back."

It was very good to hear Tom's belly laugh.

The training went on and while he kept to himself a bit more than previously, had we not been told, I don't think we would have suspected a thing.

Flash forward to the summer of 2003. It's the midway point in the final training. It's time for Session 8 and I'm the last person to launch in a class of 24. It's already been a long day and I'm

not looking forward to the intranasal work. My initial experiences with it had been less than pleasant, thanks to an overly jocular Hellerworker, and while my class buddy was sensitive and brilliant, I was not sure I could be. Plus, my outside model was an ectomorph who only had two modes: comatose and uncontrollably overwrought. Many students would stay to watch the spectacle. So I kinda knew what I was in for today.

My memory is blurry, but I know I wasn't getting there. Tom came in and leant a finger and we all watched as the client roared like a lion. Intense doesn't begin to cover it. Eventually the session ended.

We started cleaning up. Everyone else was gone, it was just me and Tom. "Get some gloves and some lube. I need to know you can get there," he ordered. Great! So now I have to stick my fingers in the nose of The Master. At the same time, I got it. His job is to certify me, so he needs to know I can do the work.

We got through it. Tom was brusque, downright surly. It was hard not to take it personally, but I didn't. Considering I was the sixth student that day to breach the concha of Myers and go spelunking, I'm amazed he didn't roar.

In late 2004 we would be in Todd Garcia's lab in Boulder, Colorado. Anatomy Trains was in its third year of publication. Criticism had been leveled that

Anatomy Trains was a nice intellectual construct but it wasn't really that way in the body. Tom thought that was a fair criticism that deserved an exploration. So Tom arranged with Todd to do his 6-day tour of the human body, from the skin through the adipose and all the way down, with the guarantee we would hijack the curricula during the two days of musculoskeletal dissection, make it fascial dissection and go hunting for Anatomy Trains.

Tom was very well aware that we might uncover ugly facts that ruined his beautiful theories (full disclosure: I did) but was willing to go out on that tightrope and really test his ideas. And we found many things about his hypotheses that worked. In 2006 when we would devote a whole week in Todd's lab just to excising the lines. And a few years later with a fresh tissue cadaver.

That was some rough going, it was like trying to dissect jello. But gradually we got the hang of working with this new medium, due in a very large part to the skill of Todd Garcia. We were able to get consistent, and even surprising (as in the case of the double trapezius) results.

Flash forward many more years later. Tom is 70, still going strong and as healthy as ever. Tom is still out there pushing boundaries and encouraging people to expand their own. Still with that sense of mission.

There's just one word for that, and it's the first word I think about when I think of Tom Myers.

DEDICATION.



A MESSAGE FOR TOM'S 70TH BIRTHDAY

GIL HEDLEY

I first met Tom, much to my delight, in 1991 while I was still a grad student in Chicago. I had enrolled in the Foundations of Bodywork training at the Rolf Institute in the little building at 301 Pearl Street in Boulder, CO. Tom stands the test of time as my first taste of how fun anatomy could be!! His teaching methods are such a far cry from the war-room style of classroom-management to which

I had been accustomed in grad school, where the model for learning was combat, rather than joyful play. Tom joked, moved, played with words and nurtured the group's curiosity, as well as put up cheerfully with the spirited engagement of our class, which was not beyond a bit of tom-foolery! Aline Newton and I sat next to each other for most of the course soaking up Tom's rays and conspiring to learn. We had a blast, and I was forever hooked on anatomy and those layers of fascia we were palpating.

When the class reconvened to complete the course after several months of home-work, Tom showed up with a leg of lamb for us to study. Then, courtesy of a chef in the class named Andre, we roasted it at a final class party. Tom played his guitar and I knew I'd come to the right place. Tom knew how to coax community out of a learning environment, a most inspiring skill. My take away: teaching can be fun and teachers can be human! Aloofness and superiority are not prerequisites for excellence in teaching. Tom had a profound impact on my own sense of what good teaching, and what a career in teaching, might look like.

When I returned for the practitioner training in 1993, Tom was there for us again. When a crisis hit the class in the form of two of our very small group getting in a serious car accident, we all went to the hospital together like a family caring for our own. Tom was there for us right in the midst of our personal disaster.

In 1994, Tom and Robert Schleip invited me to join them because the anatomy faculty of the Rolf Institute was convening for the first time in ten years, just after the Annual Meeting. I went, and at the meeting suggested we get together and do a dissection. Everyone seemed to welcome the idea and the next year I hosted my first dissection workshop. Although Tom couldn't make that event, he did join my courses on two occasions some years later in Boston. This thrilled me to no end, as it was a chance to share with he whom I so admired, exactly where this journey of exploring anatomy in earnest had taken me and where I had taken it.

For his part, Tom has now grown his project to the far reaches of the globe, with a tribe of teachers and practitioners who, with me, continue to admire him and the great service represented by his long years of teaching, writing and pioneering innovation.

I appreciate your friendship deeply Tom, and I feel blessed to know you after all these years. You continue to inspire me with your energy, your intellect, your persistent enthusiasm to share what you have learned and your ongoing evolution.

Thank you for being you, for persevering, for your loving heart, and for all that remains before you! I look forward to singing your praises for many years to come.

With Love,
Gil Hedley

FOR TOM'S 70TH

LIFE WELL LIVED
IS NOT A MATTER
OF GETTING IT ALL JUST SO,
AND THEN RESTING IN THAT

THE VIBRANT MIND SEEKS TO
EXPAND ITS AWARENESS

THE SHARP EDGES OF THOUGHT AND ACTION
MAY SOMETIMES LEAVE US BLEEDING A BIT,
CUTTING US OPEN TO NEW POSSIBILITIES

WHAT LIFE IS THERE WHERE NO BLOOD FLOWS?

FALSE BOUNDARIES ARE NEVER KNOWN
TO BE SUCH UNTIL PIONEERS
CROSS OVER AND REVEAL THEM
TO CIRCUMSCRIBE US NO MORE

FROM THE SCOTTISH BORDERS TO WESTERN AUSTRALIA ON THE *ANATOMY TRAIN*

JULIE HAMMOND

It has been fifteen years since I first met Thomas Myers and headed down the Anatomy Trains path. I love teaching and being a part of the Anatomy Trains family. Tom has inspired many people and set me off on a life changing path. I feel the things that stand out in my teaching are my love of anatomy, my dodgy accent and my no messing attitude. I grew up in a town on the Scottish borders called Berwick upon Tweed in the north east of England. My no nonsense, say-it-as-it-is background has held me in good stead for my leap into studying and teaching Anatomy Trains and learning the ropes from Tom Myers. It has been a challenging, intensive but rewarding journey with the amazing backing and support from Tom and the AT family. I have found myself in many surreal moments since I stepped into this world with Tom and I wanted to share some of them with you.



A LITTLE BIT OF BACKGROUND:

I first heard about Tom Myers while I was studying sports/remedial massage in 1999. My tutor and mentor Gareth Davies had done a workshop with Tom and loved the work so much he came back and shared it with us. Now being on the other side of the business, and an official office, I realise this probably wasn't the best but from a student point of view it was great. I loved using the techniques and my body loved the treatment.

I had started a clinic in the south-east of England and it established very quickly, with great results, however some clients only got short term results. My biggest challenge was women of a certain age that were getting repeated pelvic pain; interestingly enough, now the age I am. This was the spark that set me off on my passion and interest for the pelvis. I set off to find out more about the pelvis and how I could get long term results and ended up on a course in Dublin with Tom Myers.

I had three small children at the time and the thought of a jolly in Dublin and getting to find out what this "Tom Myers" was all about seemed like a win/win.

My colleagues and I arrived in Dublin and the taxi driver was very reluctant to take us to our hotel. He kept asking "are you sure that is the right hotel?" When he dropped us off he finally said "are you working girls?" Me being very naïve said yes, I am very proud to be a hard working girl. Turns out not the context he was talking about. We found out our recommended hotel was a pay by the hour. (Note to self as a workshop organiser, only recommend the hotels you know.)



I turned up the next morning for the workshop most put out, not because I was in a hotel rented by the hour but because I hadn't got breakfast.

This was my first introduction to Tom and James Earls who was organising the workshop. The workshop was mind blowing and inspiring and absolutely resonated with me. I remember thinking this is way out of my league but loved the way Tom was teaching the anatomy. I looked around the room and behind me were two therapists from the same area in the UK as me. They were Julie Mower and Fiona Palmer who are also Anatomy Trains teachers now and dear friends.

I came back from Dublin inspired and wanting more information about Tom Myers and his training. I organised my first ever workshop. James Earls came and taught his first ever Anatomy Trains and that was the beginning of a whole new chapter for me.

I moved to Australia not long after attending Anatomy Trains and travelled back and forwards from Perth to the UK to do my full Structural Integration training. I was very lucky to study with Tom and James throughout the training. My Structural Integration training was intense, it challenged me out of my comfort zone but also helped me find my tribe; like-minded people who have a similar love of anatomy.

I butted heads with Tom so many times in the training, he frustrated me and inspired me. One of my favourite moments is being in a beer garden in Oxford and Tom playing the guitar. I knew during this training that not only did I want to teach it, I wanted to take the whole training to Australia. I don't think I have admitted this before but it was during my training that I bought the Anatomy Trains Australia domain name. Oh and New Zealand and Asia (sorry Tom)!!

After my training I organised workshops in Australia and assisted Tom in Sydney; my first assisting gig. It was very busy and a crash course in assisting. Tom is a great mentor but is known for his sink or swim attitude. This was really good for me as I hate to be bad at anything and made sure I was swimming or at least staying afloat. It was a pleasure learning the craft from Tom who is a master presenter and owns a room when he talks. Daunting and intimidating but such a privilege.

I ended up in Maine a year later to do my teacher training and staying in the beautiful farm house Tom had grown up in. Maine is a place that just nourishes your soul. Surrounded and supported by fellow trainee teachers.

I then decided to just immerse myself in it and stalk Tom, firstly teaching in South Africa with him. South Africa was my first block of teaching and I was terrified. We had a room full of Physiotherapists and I had to go up after they had been listening to Tom, no pressure. I took Tom to one side and asked, “do you have my back, or are you going to let me die up there?” Tom answered, “yes I have your back and yes I will let you die a little bit” and he did. I have trusted him ever since to push me beyond what I feel I am capable of, to watch me flounder and to step in and save me if necessary. I had the pleasure to travel around the USA assisting Tom before being let out on my own.

I have travelled and met up with Tom in so many places around the world. Seen him in so many diverse situations. He has supported me as an official office, and as a teacher. He has supported my decisions and encouraged them. Tom has this amazing knack of seeing things in people they don't see in themselves.

I am forever grateful to this amazing man, whose influence changed my life, from my jolly in Dublin to running the Anatomy Trains Australia office in Western Australia and my many adventures around the world.

“A TEACHER TAKES A
HAND, OPENS A MIND,
AND TOUCHES A HEART.”

Thank you Tom





TRANSFORMATION

WOJTEK CACKOWSKI

This is a story of my transformation and journey to find myself, to re-own my body, thanks to Tom Myers and the training that opened the world of Structural Integration for me and totally changed my life.

I was born in Torun in Poland and raised in the hard times of the Polish transformation from communism to democracy. Childhood brought many hard stories to me and my body. This created a very uncomfortable suit that I built up through all the events that happened to me physically, mentally and chemically. The effect of a long story that could be added here was scoliosis and a very unbalanced shape that I was wearing daily. It was causing me a lot of pain and discomfort.

Life didn't look very attractive when, in my twenties, I was in constant pain and had a feeling of losing control of what was happening in my body and my life. Even though I was in such misery, I was in a constant search for answers on how to get out of this. This is why I was always moving. Training many sport disciplines and trying to train out from the problems I had, I was dreaming of a comfortable and healthy body.

In search of this dream, I started to educate myself in physiotherapy and sport education. Somewhere around that time I also started to practice yoga. This was a revelation for me because it was giving my body a chance to feel more soft, relaxed and calm for some period of time. I was also searching in the field of physiotherapy and manual medicine where I learned some joint mobilisations, muscle energy techniques and manual strategies to specific areas of the body. All these techniques and concepts were great for release of local tension but the effect of all these strategies didn't last long. As long as I was practicing yoga every day and had some treatments every week, I was managing ok but as soon as I changed my habit a little because of travel or some change in my life situation I was back in big trouble.

When I came back from Ireland where I lived for a while, I attended a workshop on kinesiotaping, where the teacher was referring to Anatomy Trains concepts as his way of looking at connections of different body parts. At that time, I was writing my thesis at the Medical University in Gdansk on how yoga can prevent lower back pain. When I saw pictures of yoga asanas that were pulling on Anatomy Trains lines in different poses, I had a eureka moment. Wow, there is actually a concept that explains why I feel a pull behind my ear when I place my foot in different positions in triangle pose and similar relationships that I was constantly observing during my yoga practice. The revelation for me was that there is a map that will help me guide my vision and the feeling of what is happening in my client's body and my own fascial suit.

When I came back from that workshop, I searched online to find out more about this concept. And there it was. The first Anatomy Trains 3-weekend workshops were happening in Poland and KMI training was taking place in about half a year in the UK. I bought all the books and dvd's, started to prepare for these workshops and experiment on my clients and in my yoga practice with my new glasses of the Anatomy Trains concept placed on my body vision.

During that time, I was in the position of SPA manager at the Gleboczek Vine Resort and SPA, a luxury hotel in Poland that had just opened. I was to create the SPA department from the ground up. After about half a year of building that complicated project I had to tell my boss that I wanted to go for training in the UK for 3 months and that I would fly back and forth, trying to keep building the prices of the SPA while being out so much. As you can imagine, he didn't like this idea. He asked me to write a document on why I thought this would help his business to grow and to convince him that this would be a good decision. I wrote 23 pages of explanation on why I thought it would be a good choice for him to allow me to go for this training. I stated to my boss that I would go, no matter what decision he made, so it was only a matter of whether we would still work together or not. After long negotiations he made the right decision and allowed me to go for this training.

When I met Tom the first time, I was waiting for my first day of class in Weston on The Green Village Hall in Oxfordshire in the UK. He came out of a car, approached me and said "Hi you must be Wojtek and you are the physiotherapist from Poland yes?".

I was shocked that my teacher knew my name and something about me even before class had started. After years of now being on the other side of the training program, I know that every student has a file where teachers of Structural Integration read about their group before they come to class. This was a great beginning. I felt this was definitely something I was searching for.

The whole training took me a little longer than a year of traveling between the UK and Poland. The Spa was doing great and developing, thanks to my wife who was managing it when I was away on trainings. We had also created an amazing team that was very supportive and helped us during this complicated period.

I finished my training in July 2010. Two weeks later my first son was born and a whole new chapter of life opened in front of me. When I came back to Poland and started to work with people in the 12-session series format of ATSI, I was amazed with the amount of changes I could create in my clients' bodies. My own body also changed alot during my own SI series during a training. Because I wanted to feel how much only ATSI could change my system, I stopped practicing my daily yoga for a year. I wanted to see if my symptoms would reduce without me helping it. This is something many of my clients would do so I wanted to know how much power manual work had on its own. To my surprise, most of my symptoms disappeared about three months after my graduation in ATSI (KMI). One of the things I can remember very well was a moment when I was running down stairs and stopped because I realised that actually my left knee was not hurting any more; it was usually painful even when I was walking down stairs. I had clearly forgotten about my pain somewhere in the meantime. That was a great lesson for me that pain is only a symptom that can disappear when the body gets back to a more neutral state. When forces are balanced around a body they allow for freedom of movement, control and comfort of movement. The ease we can have when we move comes for being neutral, being able to move out of it in any direction and come back to neutral again. This idea can support the perfectly graceful and full potential of a human body. These concepts will stay with me forever.

After I came back to Poland I had one thought in my mind. Why is this knowledge of principles of Structural Integration so little known where I live? Why is this spatial medicine not spread widely in the medical field? Not being able to find the answers led me to lead a life that would help change this situation. I became an Anatomy Trains Teacher in 2013 and in the last five years we have been able to build great awareness of Anatomy Trains and Structural Integration in Poland. We are running the whole ATSI program here and training hundreds of therapists every year in a new way of looking at the human body. We are cooperating with many medical disciplines like orthopedic, urology and neurosurgeons in the process of rehabilitation of their patients. We work with podiatrists, orthodontists and many other medical professions on how to implement Structural Integration knowledge into their professions and research. I have also started my own project of Zoga Movement that came from my yoga practice informed by Structural Integration principles.

My life became very busy but also very meaningful after I met Tom and joined his team of teachers. He will always be my mentor and teacher that has helped me to find my mission. Thank you so much Tom for landing in my life and changing its direction so much. I wish you long years of continuing the change you bring to so many people like me.
Happy Birthday!!!!

MESSAGES TO TOM



"Our first memory of Tom, was attending a long weekend workshop of a 3 session series that was being offered at the Scherer Institute in Sante Fe, New Mexico in 2002. From that experience, we both knew we would do the entire 500 hour training as soon as possible. We finished the training as practitioners of Kinesis Myofascial Integration (KMI) as it was known then in 2003 by taking many trips to beautiful Maine in all 4 seasons.

We had a great time celebrating Tom's 60th birthday party at his home and have very fond memories of Tom staying at our home in Tempe, Arizona for weeks at a time over about 6 years, as well as during other years. We have become great friends since and are looking very much forward to attending the grand birthday of his 70th this time.

Much love to you Tom, from Ann, Chris and all the kitties that loved you so much!! We are so grateful for your friendship, inspiration and influence on all the work that we do!"

ANN & CHRIS FREDERICK



I first met Tom in Dublin in 2004, it was the intrinsic muscles of the pelvis workshop. I wasn't really sure what to expect but had been told by my Remedial Massage tutor that if I ever got a chance to go and train with this guy Thomas Myers I should go. I didn't know that finishing my KMI training in the UK in 2008 would be just the beginning of this journey, not just for my work with clients but for myself also.

Many arcs of the session later I find myself in Darwin writing this, preparing to teach Arches & Legs to a group of podiatrists and excited to share and learn with them. Some training courses are just that, Anatomy Trains was the beginning of a lifetime journey.

Thank you Tom.

JULIE MOWER



RIDING UNCERTAINTY

“There is a tremendous power in being able to ride uncertainty” - Peter Melchior

Being with Tom on the water, in awe of his unadulterated joy in navigating the unpredictable elements of a blustery Maine day, while he is lightly amused by the white knuckled grip of his guests holding onto whatever they can while the boat dips sideways, provided a glimpse into his unique ability to ride uncertainty. I have heard him say that “the water is always in motion, and that calms me.” But even the most seasoned sailor can be surprised by sudden storms. These last few years have provided a lifetime’s worth of change, some of it painful and unpredictable, and we have witnessed Tom and the company navigate some uncharted waters with courage and determination.

When Massage Magazine wanted Tom on the cover, we were challenged with providing the best headshot. How do we capture an image of someone who means so many different things to so many people? Whose capacity for language and communicating complex concepts into a map of the body that has shifted our understanding of how we are shaped and what shapes us,

and whose work in laying the foundation of organizations like the Fascia Research Congress and IASI, and in attracting brilliant teachers and staff, ensures that legacy to continue? How to combine a lasting image of the personal and professional? My instinct was to shoot Tom on his boat Tycha, where he shared many journeys with his best friend Annie Wyman, and which in my mind seems to remind him of who he is when he is most himself. My dear friend and wildly talented photographer Cig Harvey captured the images of Tom that day, and this is one of my favorites. To me this is an image of Tom light and steady, balancing the past and present, and fit for the future.

Happy Birthday Tom, the best is yet to be.

MELANIE BURNS





I've worked with Tom Myers since 2010. It's been a great adventure and amazing to watch the company grow. It's so rare to have a boss who you can also call a good friend. Here's to 20 more years!

BECKY EUGLEY



Each day as I look at the photographs hanging on my office walls, I merge with the energy of deep alpine lakes, granite, trees and the surrounding space. From there, I make contact with my client and the session begins.... Your life, your visions, your values have profoundly touched mine and I am a happier, more fulfilled and expansive person for it.

These past 21 years have laid a great foundation for what is to come... a portion of which is to continue to share your work with the world. Happy 70th Birthday dear teacher, mentor, friend. With LOVE,

CARRIE GAYNOR



Thanks Tom for evoking a career I didn't realize I would have such a passion for. A passion that can help people free themselves of pain. 'A compassionate passion'.

JASON SPITALNIK



My most influential moment with Tom that I can remember is from 2014 after the advanced training that took place in Maine. We sat outside the classroom at a picnic table to discuss my experience. It was the first time I had spent any significant amount of time with Tom directly. We discussed the work, and my personal journey, and we also had the very first conversation about me teaching someday. It was exhilarating to me to be noticed by Tom as a potential instructor. During this conversation I told him that I had come to this training hoping to find a lighter version of myself as a practitioner, and in that moment he said “You and I don’t work like that”. For me, this was an offering of wisdom that has really stuck with me over these past few years. The permission to be myself and trust my hands has allowed me to fully step into how I do the work. With all my heart and all my being I am so grateful to be a part of this journey with Anatomy Trains.

Cheers to 70 yrs Tom!

CRISTY HARPER



2004, Ireland, along with my friends and colleagues Julie Hammond and Julie Mower. Learning, laughter and few glasses of wine and the path was set. I love this photo. Tom, Maine and AT Headquarters always inspire me and this photo marks another milestone in the journey. “No journey is long when you are in the right company.” Happy Birthday Tom, I raise a glass to celebrate your day, (you know I am really good at that) and everything you have achieved and shared. Fi. XXX

FIONA PALMER



Tom’s first and most lasting influence on me came through his written work in Body3. Seamlessly weaving a yarn between anatomy and the deeper consideration of why we do our work, I discovered that it was strategy and not so much anatomy that attracted me to manual therapy. Later on, when he joined our SI class in part 3, he personally made sure I was at the leading edge of my knowledge and skills the entire time. His investment in my education influenced me to become the best Anatomy Trains teacher I could be.

SHERRI LEIGH IWASCHUK



At the beginning of 2000 I opened the cover and turned the pages of Anatomy Trains for the first time. The presentiment that I would meet the brilliant man who wrote a book that I would study for years to come, seemed—in the true sense of the word—fantastic. Much has happened since this auspicious day: my SI certification with Tom in Weston on the Green, teacher training in Maine, our first ATiM brainstorming meeting in Zürich, many more meetings wherever our teaching schedules crossed, a photo and film session in Bern, co-taught retreats in Geneva, California and Hawai'i, joined ATiM educator training in Toledo, ATiM certifications with teachers in Santa Fe, Oxford, Galilee, Piacenza, Bern, Valencia, Moscow and Kazan.

My premonition might have been right, though not in my most creative moments could I have imagined the richness of the manifestation with all its joys and challenges, surprises and possibilities. I am excited to keep co-creating our business collaboration and grateful for a friendship with fascial qualities: multidimensional and invigorating, sometimes a bit crooked, yet always adaptive and full of life.

Six memorable moments with Tom:

1. Hiking up to Pali Puka on O'ahu.
2. Running barefoot along a Western Australian beach.
3. A heartfelt conversation in a courtyard in Tempe.
4. Toasting the ATiM team with whisky made by female distillers on a rooftop terrace in Toledo.
5. Headstands on paddle boards in the Pacific Ocean.
6. Strolling around the river Aare in Bern like two people who have all the time in the world.

To Tom, and many more years filled with his presence and vibrancy!

KARIN GURTNER



Tom believed in me as a teacher until I could believe in myself. Not always gentle with his nudges but just enough to require me to find my voice.

KELLY CHADWICK



Tom, can you believe this picture was taken about 8 years ago. We both had less grey hair and fewer wrinkles-ha! No matter how much time has passed, it has been an incredible journey with you. Thanks for giving us all the gift of Anatomy Trains. Most of all, thanks for being an inspiration in my life, as well as a wonderful, caring friend and a political companion! Set sail and celebrate the many voyages still awaiting you. Happy Birthday Tom! Love,

HOLLY CLEMENS



I first met Tom in the Anatomy Trains® 200 hr. Body Language NYC course in 2008, designed for movers! I had picked up the first edition of the book and was intrigued to learn more from someone who crossed disciplines and was clearly part poet and a deep thinker. I have continued to dive fully into this world, and am thrilled to be both faculty for AT and assist in our AT dissection labs for several years now. I believe we have bonded the deepest over the strange and yet wondrous world of lab. A close second is our shared love of water. In either case, one needs to be fully present, and have a good sense of humor and observation skills. One of my favorite quotes from Tom is something he posted in the very early days of Facebook: “I’m a sailor: if you have one electronic device, you know exactly where you are. If you have two electronic devices, you have no idea where you are. Not knowing where you are in the body has both a positive and negative aspect - if you don’t know where you are because you haven’t read the maps, shame on you. But if you have read the maps and still don’t know where you are, you’re in an interesting place to explore.”

LAURI NEMETZ



I first heard about Tom back in 2004. Over the years I would ask different instructors about why, for example, a problem in the hip would lead to a shoulder problem on the other side. Instead of an answer, I would be told that I needed to study with Tom Myers. At the time I didn't know who he was! I googled him (of course) and found he had written a book called Anatomy Trains. When I read the book, I saw the answers to the questions I had for so many years. I took my first AT course in 2009 and then went to Maine and took BodyReading and Fans of the Hip with Tom. I was blown away at Tom's skills in BodyReading and how he approached balancing the pelvis. I had never seen anything like it before. I had to learn more.

I went on to study ATSI with Tom and finished the program in 2011. At graduation, I told him that more people needed to know about his work and I really wanted to become a teacher to spread the word. I started assisting courses shortly after and started the teacher training program in 2012. It was hard at times, but I always remember what Tom said, "anything worth doing, is worth doing badly at first." It kept me going!

I thank you Tom for your support and encouragement over the years. I am proud to be part of the AT teaching team. Happy Birthday, Tom! May the wind be at your back and the sun upon your face.

MEREDITH STEPHENS



A STORY BEHIND A PHOTO

This photo was taken whilst working with a professional Dutch football team. Tom was giving a talk to the medical staff and, as I understood things, my job was simply to lend support, perhaps make the tea. But as is Tom's generous nature, I found myself taking centre stage, happily for a short while! I played my part acutely aware that the master was watching, listening, checking to ensure the highest expectations were met. That sounds terrifying, but remember Tom is all about a willingness to change, adapt, develop and improve his own content. It has been my pleasure, joy and privilege to teach this work with the skills of imagination and creativity within the boundaries of solid scientific fact.

OWEN LEWIS



During my university years, I heard my professor proclaim that ‘..a career is something you do while you look for your ideal job’. That in some way, life is a series of fortunate or unfortunate events that guide you. Each moment takes you to the next and voila!!

It was a wet autumn New York day in 1999. I had embraced the calling several weeks earlier to enrol with this guy called Thomas Myers at a workshop at the Breathing Project in Mid-town. A brief search on the internet led me to the Anatomy Trains website. The calling was more of a scream for help; a strong realisation that actually my previous three years at university had ill-equipped me for working with the human body with any depth of knowledge or understanding.

The topics were ‘Anatomy Trains - An Introduction’ and ‘Intrinsic Muscles of the Pelvis’. Intrigued and slightly nervous I made my way to NYC. Within minutes of hearing Tom speak, a small quiet voice inside began to call out loudly. My Sad guru (inner teacher) was smiling from within. The word integration was interjected between sentences with purpose and poise. This word ‘Integration’ was the main theme of my dissertation concerned with the segregation of Paralympic athletes from the Olympic movement. Tom’s languaging and vocabulary describing the Anatomy Trains lines, formed and functioned as Integration - a language I could understand. My love for Structural Integration was born.

I look back to that moment and wonder today - how many students of Anatomy Trains go through that experience? Personally and professionally. The ‘ah ha’ moment.

This remarkable introduction to Anatomy Trains and Tom’s work cemented my path of learning towards the full KMI training just two years later.

20 years on from those early journeys along the Anatomy Train tracks, I’m now a teaching faculty for Anatomy Trains. Feeling blessed and forever grateful for the empowerment that Tom’s work has given my career. And ultimately the faith that Tom has in my ability to pass on his legacy. Paraphrasing the famous quote by Mother Teresa:

“Tom only gives me as much as I can handle, I just wish he didn’t trust me so much!”

Happy ‘B’earthday Tom.

MICHAEL WATSON



I was intrigued by Tom and his invention, Anatomy Trains 2008, after one of my students of functional anatomy challenged me with a question about fascia and myofascial continuities. After that it's been one humungous slide into the depth and width of holistic functionality of the human being.

It took a while to meet Tom. I was based in Europe and I followed Senior Teachers around here, but eventually in teacher training 2012 I was honored to spend time with Tom. Those were exciting but scary moments while presenting and teaching functional anatomy in front of Tom. Although presenting was scary, it was still in many ways a warm and safe environment.

I've been inspired by Tom's ever deepening and widening perspective of holistic special medicine, his way of reaching students while teaching and regulating the dynamics of the workshop.

Just like for so many of us, Tom and Anatomy Trains have changed the way I perceive functional anatomy, movement, rehabilitation, the movement industry, the world – whilst still inspiring change.

AP LINDBERG



I read an article of his in the Massage Magazine and I decided to learn whatever this guy could teach me. Most of the key decisions in my life were made like this. I was in the third training of Tom's Fascial Vision (2000). There was no name yet and no book and no school.

We were 13 in the class and three of us (the New Yorkers) would take the midnight train to Andover - a little town outside of Boston. The first venue was a yoga studio and we shared the space with ongoing yoga classes. Whenever there was a yoga class we were not allowed to go to the bathroom or leave the space for any reason. The owner would put a sliding separator wall between us and them and we would have to keep the noise down. Eventually we moved and got to experience different venues during our training. Throughout this time we all had a feeling that this training was a life changer - and that Tom's vision would grow into something big. Through my training Tom took me through the series (which still was the 10 session series). I had some of my biggest emotional breakthroughs and breakdowns during that time which made me a better and a more humble therapist.

After the training I wanted to attend another short class with Tom and he said "Why don't you assist me?" Then for the next four years I followed Tom around. I graduated from turning the lights on and off during slide shows to table assisting and small lectures. In 2005 I graduated to become one of the first teachers of AT. These times were filled with epiphanies and solid friendships. Tom and I became good friends and we helped each other when life threw us a curve ball. I owe Tom big time for always believing in me and making me a better mensch.

SIMONE LINDER



Pretty good so far . . .



Dear Tom, Boss, Friend, Comrade in Arms:

Where did it all begin with us? In late Fall of 2009, your program coordinator in Maine was leaving and you were looking for the right replacement to match the growing business. After ten years managing educational projects for pharmaceutical companies, I was looking for a job in a company with humanity at its core. You didn't know who I was and I didn't know who you were. The universe brought us together that cold morning in Maine, January 5th, 2010, and we took a chance on each other.

In the first few years, I met the many talented and caring people who had been drawn to you and Anatomy Trains. That said a lot about you. Along the way, it has been a challenging, crazy ride and juggling act. Over the years, I kept the birthday cards you sent me, as they so often captured where we were. This is one of my favorites.

Five years ago, at the 2015 FRC Congress, it was wonderful to see so many of our teachers and grads from around the world. But most powerful for me were the dozens and dozens of complete strangers who came by the booth, picked up the AT book, looked me in the eye and said, "This book changed my life."

That image stuck with me and this card you sent me at the time. This idea, this "child" of yours, has expanded globally into what it is now: the book, your teaching, ATSI bodywork, the international offices, teachers and authors. Each of the staff, teachers and students contribute to and enrich its life, and mine.

Anatomy Trains has at its core a heart and a soul. That is what I was looking for when I said yes to you back then, and that is why I am still here.

Wishing you a most memorable birthday that fills and feeds your heart and soul.

STEPHANIE STOY



My first meeting with Tom was in 2010 at the "River of Life" workshop in London. I attended my first Anatomy Trains workshop in Norway the same year. It was the kind of "you had me at hello" experience. I instantly knew I needed to share what I learned, with as many people as possible. I hosted the first workshop only one month later, and many more came along year after year. We are so grateful to be part of the AT family and the world wide expansion over the years. The ATSI full training now running in Norway is huge! Long story short. Tom! Your work changed my life. Personally and professionally, as in this business you can't have the one without getting the other. That's why I love SI and for that I'm forever thankful to you. Never stop sharing your vision! We got your back. Happy Birthday! Lots of love coming from Norway.

THERESE HANSEN



While working as a body worker on Cape Cod, MA. in 1990, I went to an SI Heller worker who astonished me with this kind of work. It was my first exposure to SI and my mechanically inclined mind was “on fire”. I knew I needed to shift my career as a massage therapist to SI. Making a living in a Resort Town that thrives only half the year did not allow me to leave for a month at a time and study at the Rolf Institute in Boulder, CO.

But I was determined to become an SI Practitioner.

Life has its ways and my wife at that time wanted to finish her degree in Psychotherapy so we ended up moving in 1994 to live near Cambridge, MA where her school was.

Moving my business was difficult because most of my clients were tourists who knew my services but were mostly from out of state. I held three offices in three towns and pursued teaching Anatomy and Massage techniques in two local massage schools. One thing I enjoyed was studying yoga at Mystic River Yoga Studio with Arthur and Kate Kilmurray. Their Yoga style was saturated with anatomy, breath and spirit. My kind of thing. After a morning yoga class in 1995 I saw a poster in the studio featuring a weekend workshop with Arthur and guest teacher Tom Myers. Tom’s title on the poster was “Anatomist”, needless to say I was hooked.

A week or so later I saw another poster at the massage school I was teaching in featuring Tom’s bodywork. My journey with Tom took off. Tom taught his approach to Bodyworkers in Boston at a space in the Shiatsu School of New England building. Alongside Tom was Michael Morrison and his wonderful ways of simplifying complex topics. And beloved and dearly missed Annie Wyman who brought her unwavering spiritual air to the bodywork table.

After going through the first and second part of the then called Structural Strategies (pre SI work) there was a large group of us to run his first KMI training in the early half of 1999 at Washington’s Massage Therapy and Yoga Center in Watertown, MA. We graduated in June of 1999 and held a ceremony at a yoga studio in Newburyport, MA and then a luncheon at Bob and Andrea Vincent’s by a lovely granite quarry .

My practice has been thriving ever since the day I graduated and I am ever so grateful that our paths intersected. Thank you Tom for all you are and all you have been in my life. With Big Love, Yaron.

SHORT CLASS STORY:

In the second part of Structural Strategies we had a class discussion contemplating the term ANATOMY TRAINS and what role it plays in the work. Back then it seemed to all of us students as an unfit name to represent us professionally in the bodywork field and community. Tom was determined to keep it and flexed only to call the training after the school’s name KMI. The acronym has won me plenty of business because it was a great way to talk about Kinesis as the Greek goddess of movement and Myo which was another cool name for muscles - and Fascia which is (almost) everything and everywhere!

A full 20 years circle to 2019 Tom proved yet again that diligence and forward vision pays - we have changed the training name to ANATOMY TRAINS STRUCTURAL INTEGRATION.

YARON CARMEL



EUROPEAN COURSE SCHEDULE 2019/20



Structural Integration CERTIFICATION TRAINING 2019/2020 Western Australia



Tom Myers Author of Anatomy Trains

Anatomy Trains European Courses – 2019/20

Date	Course	Location
2019 – Anatomy Trains Structure and Function		
17/18/19 May	ATS&F	Belfast
17/18/19 May	ATS&F	Bonaire
14/15/16 Jun	ATS&F	London
14/15/16 Jun	ATS&F	Antwerp
05/06/07 Jul	ATS&F	Clare
30/31 Aug - 01 Sep	ATS&F	Burgdorf
06/07/08 Sep	ATS&F	Amsterdam
06/07/08 Sep	ATS&F	Geneva
20/21/22 Sep	ATS&F	Vienna
27/28/29 Sep	ATS&F	Dortmund
11/12/13 Oct	ATS&F	Ljubljana
18/19/20 Oct	ATS&F	Budapest
18/19/20 Oct	ATS&F	Bucharest
24/25/26 Oct	ATS&F	Lublin
08/09/10 Nov	ATS&F	Prague
08/09/10 Nov	ATS&F	Kosice
22/23/24 Nov	ATS&F	Bucharest
29/30 Nov - 01 Dec	ATS&F	Antwerp

2020 – Anatomy Trains Structure and Function		
07/08/09 Feb	ATS&F	Amsterdam
13/14/15 Feb	ATS&F	Dubai
21/22/23 Feb	ATS&F	Zagreb
28/29 Feb - 01 Mar	ATS&F	Soberg
28/29 Feb - 01 Mar	ATS&F	Athens
05/06/07 Jun	ATS&F	Antwerp
11/12/13 Sep	ATS&F	Amsterdam
25/26/27 Sep	ATS&F	Paris
30/31 Oct - 01 Nov	ATS&F	Vienna
20/21/22 Nov	ATS&F	Antwerp

2019 – Anatomy Trains Structural Integration II		
26 Oct - 06 Nov	ATSI II	Zagreb

2020 – Anatomy Trains Structural Integration II		
17 - 28 Apr	ATSI II	Bergen
05 - 15 Nov	ATSI II	Amsterdam

2020 – Anatomy Trains Structural Integration III		
19 Sep - 03 Oct & 17 - 31 Oct	ATSI III	Bergen

Date	Course	Location
2019 – Anatomy Trains BodyReading 101/102		
28/29 Sep	BodyReading 101/102	Kosice
16/17 Nov	BodyReading 101/102	Lorenskog
2019 – Structural Essentials		
01/02 Jun	Shoulders & Arms	Oslo
08/09 Jun	Shoulders & Arms	Clare
21/22/23 Jun	Fans of the Hip	Amsterdam
05/06/07 Jul	Abdomen, Chest & Breath	Basel
19/20/21 Jul	Arches & Legs	Torun
09/10 Aug	Tensegrity Spine	Basel
30 Aug - 01 Sep	Fans of the Hip	Bergen
31 Aug - 01 Sep	Arms & Shoulders	Oslo
31 Aug - 01 Sep	Head, Neck & Jaw	Oslo
06/07/08 Sep	Fans of the Hip	Torun
07/08 Sep	Head, Neck & Jaw	Clare
07/08 Sep	Head, Neck & Jaw	Torun
13/14/15 Sep	Abdomen, Chest & Breath	Amsterdam
25 - 29 Sep	Shoulders & Arms + Head, Neck & Jaw	Budapest
28/29 Sep	Tensegrity Spine	Torun
01/02/03 Oct	Fans of the Hip	Moscow
04/05/06 Oct	Abdomen, Chest and Breath	Moscow
11/12/13 Oct	Arches & Legs	Clare
18/19/20 Oct	Arches and Legs	Antwerp
25/26/27 Oct	Abdomen, Chest & Breath	Bergen
01/02 Nov	Shoulders & Arms	Basel
09/10 Nov	Tensegrity Spine	Amsterdam
16/17 Nov	Shoulders & Arms	Torun
22/23/24 Nov	Arches & Legs	Dortmund
22/23/24 Nov	Fans of the Hip	Ljubljana
06/07/08 Dec	Abdomen, Chest & Breath	Torun
06/07/08 Dec	Fans of the Hip	Antwerp
13/14 Dec	Head, Neck & Jaw	Basel
14/15 Dec	Head, Neck & Jaw	Torun

2019 – Anatomy Trains in Motion/Slings		
05/06/07 Apr	ATIM	London
12/13/14 Apr	ATIM	Dublin
31 May - 02 Jun	ATIM	Warsaw
06/07/08 Sep	ATIM	Dublin
11 - 15 Sep	Slings Essentials & Slings in Motion 1	London
18 - 23 Sep	Slings Essentials & Slings in Motion 1	Galilee
04 - 08 Dec	Slings Essentials & Slings in Motion 1	Frederiksberg

2019 – Anatomy Trains in Motion		
12/13/14 Jul	ATIM	London
11 - 15 Sep	ATIM	London
08/09/10 Nov	ATIM	Dortmund
25/16/27 Nov	ATIM	Bucharest
29/30 Nov - 01 Dec	ATIM	Prague

2020 – Anatomy Trains in Motion		
30 Jan - 01 Feb	ATIM	Bonn

2019 – Anatomy Trains in Training		
16/17 Aug	ATIT (II)	Lithuania
05 - 08 Sep	ATIT	Amsterdam

2020 – Anatomy Trains in Training		
14/15/16 Feb	ATIT	Kosice
15/16/17 May	ATIT	Soberg

Date	Course	Location
2020 – Structural Essentials		
01/02 Feb	Tensegrity Spine	Bergen
07/08 Mar	Shoulders & Arms	Bergen
04/05 Apr	Head, Neck & Jaw	Bergen
09/10 May	Head, Neck and Jaw	Amsterdam
29/31 May	Arches and Legs	Zagreb
02/03/04 Oct	Arches and Legs	Amsterdam
31 Oct - 01 Nov	Fans of the Hip	Zagreb
27/18/29 Nov	Fans of the Hip	Amsterdam

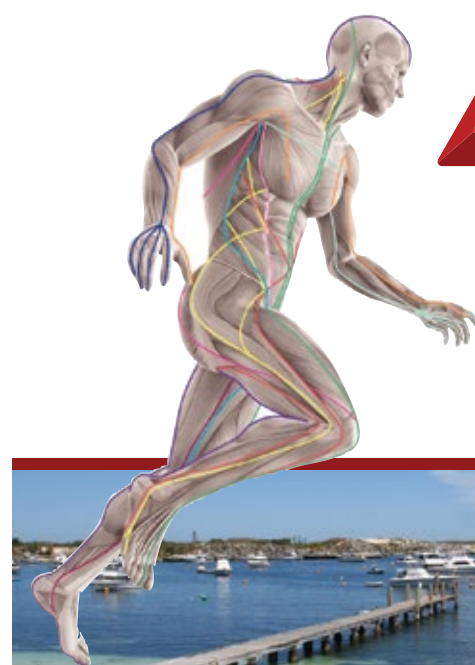
2019 – Anatomy Trains in Motion		
12/13/14 Jul	ATIM	London
11 - 15 Sep	ATIM	London
08/09/10 Nov	ATIM	Dortmund
25/16/27 Nov	ATIM	Bucharest
29/30 Nov - 01 Dec	ATIM	Prague

2019 – Anatomy Trains in Training		
16/17 Aug	ATIT (II)	Lithuania
05 - 08 Sep	ATIT	Amsterdam

2020 – Anatomy Trains in Training		
14/15/16 Feb	ATIT	Kosice
15/16/17 May	ATIT	Soberg

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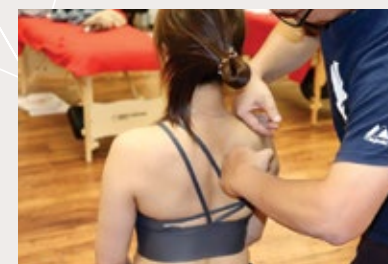
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All 6 Structural Essential Modules
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14 Days
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Fremantle WA
10 days
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ATSI Part 3 Structural Integration
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31 days
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31 July - 16 August 2020

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Fascial Dissection



© Image by Anna Katharina Rowedder

Fascial Dissection – 2020



Teacher: Tom Myers
Assistants: Lauri Nemetz, Holly Clemens
Dates: January 6th – 10th, 2020
January 13th – 17th, 2020
Location: Boulder, CO, USA
Price: \$2,700.00 – payment plans available
\$2,500.00 – discount for payment in full

Anatomy Trains offers a unique opportunity to work your own dissection projects with fascial expert and Anatomy Trains author Tom Myers and master dissector Todd Garcia in Todd's Laboratory of Anatomical Enlightenment in Boulder, CO.

This annual event draws students from all types of manual therapy, movement and fitness professionals, in an exploration of the real human form – not the images you get from books.

"Dissection with the Anatomy Trains staff is a game changing experience! My favorite continuing education experience in my 20 year career."

David Jacobs, Anatomy Trains Dissection Participant.

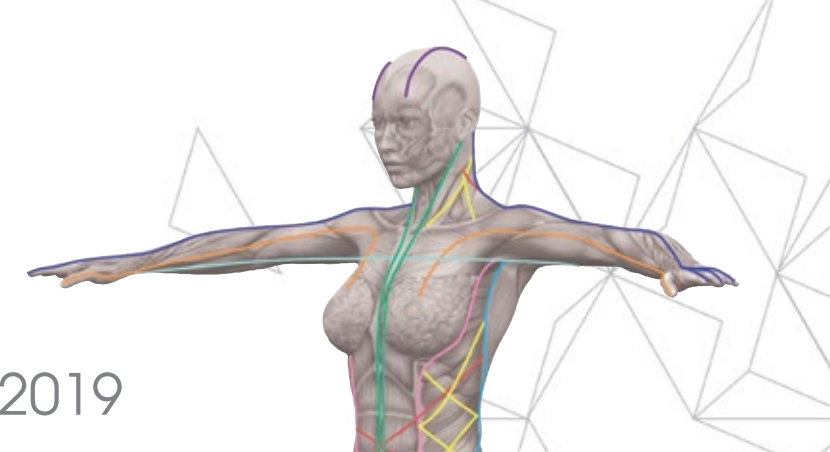
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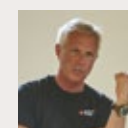


ANATOMY[®] TRAINS

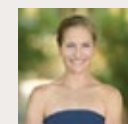
ADVANCED SUMMER COURSES 2019



Tom Myers Author of Anatomy Trains



Tom Myers Immersion
with Tom Myers – July 8-10



Anatomy Trains in Motion – Maine
with Karin Gurtner – July 19-21



ATSI Advanced: Module 1 – Deeper Grounding
with Tom Myers – July 22-25



ATSI Advanced: Module 3 – Centered Reaching
with Tom Myers – July 27-30



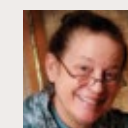
Moving into, through and beyond Trauma
with Tom Myers – July 31 - August 1



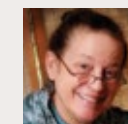
Rolling Along the Anatomy Trains
with Tom Myers & Jill Miller – August 2-4



Tom Myers Immersion
with Tom Myers – August 5-7



Integrating Scar Tissue
with Sharon Wheeler – August 8-11



Integrating the Cranium
with Sharon Wheeler – August 12-15



Introduction to Neurovascular Release for Structural Integration
with Kirstin Schumaker – August 22-24



Myofascial Balancing for Kids: Toddlers to Tweens
with Lauren Christman – August 19-21



Introduction to Neurovascular Release for Structural Integration
with Kirstin Schumaker – August 22-24



Neurovascular Release for Structural and Functional Balance – Part 1
with Kirstin Schumaker – August 26-28

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Italy	
Slings in Motion® II	31 Aug – 2 Sept 2019
Slings in Motion® III	4 – 8 Sept 2019
Thailand	
Slings Essentials	5 – 6 February 2020
Slings in Motion® I	7 – 9 February 2020
Sweden	
Slings Essentials	29 – 30 Jan 2020
Slings in Motion® I	31 Jan – 2 Feb 2020
Israel	
Slings Essentials	18 – 19 Sept 2019
Slings in Motion® I	20 – 23 Sept 2019
Norway	
Slings Essentials	7 – 8 Sept 2019
Slings in Motion® I	4 – 6 Oct 2019
Anatomy Trains in Motion	18 – 20 Oct 2019
Slings in Motion® II	21 – 23 Feb 2020
Slings in Motion® III	27 Feb – 1 March 2020
Australia	
Slings in Motion® II	9 – 11 August 2019
Slings in Motion® III	25 – 28 Oct 2019
Slings Body Reading	17 – 19 April 2020
Denmark	
Slings Essentials	4 – 5 Dec 2019
Slings in Motion® I	6 – 8 Dec 2019
Anatomy Train in Motion	27 – 29 March 2020
Slings in Motion® II	6 – 8 June 2020
Slings in Motion® III	10 – 13 June 2020
Philippines	
Anatomy Trains in Motion	14 – 16 March 2020
Slings Essentials	13 – 14 May 2020
Slings in Motion® I	16 – 18 May 2020
Slings in Motion® II	23 – 25 Oct 2020
Hongkong, China	
Slings in Motion® I	2 – 4 August 2019
Anatomy Trains in Motion	21 – 23 Sept 2019
Anatomy Trains in Motion	29 Nov – 1 Dec 2019
Anatomy Trains in Motion	14 – 16 Feb 2020
Slings Essentials	19 – 20 Feb 2020
Slings in Motion® I	21 – 23 Feb 2020
Slings Diploma	19 March 2020
Anatomy Trains in Motion	6 – 8 June 2020
Slings in Motion® II	12 – 14 Oct 2020
Slings in Motion® III	16 – 20 Oct 2020
Slings Body Reading	28 – 30 Nov 2020
Ireland	
Anatomy Trains in Motion	6 – 8 Sept 2019
Slings Essentials	25 – 26 Sept 2019
Slings in Motion® I	27 – 29 Sept 2019
Slings in Motion® II	7 – 9 March 2020
Slings in Motion® III	11 – 14 March 2020
United Kingdom	
Slings Essentials	11 – 12 Sept 2019
Slings in Motion® I	13 – 15 Sept 2019
Spain	
Anatomy Trains in Motion	25 – 27 Oct 2019

Russia	
Anatomy Trains in Motion	6 – 8 Sept 2019
Slings in Motion® III	10 – 13 Oct 2019
Slings Essentials	27 – 28 Nov 2019
Slings in Motion® I	29 Nov – 1 Dec 2019
Slings Body Reading	17 – 19 Jan 2020
Slings Teaching	14 – 16 Feb 2020

Taiwan	
Slings Essentials	13 – 14 Feb 2020
Slings in Motion® I	15 – 17 Feb 2020
Slings in Motion® II	10 – 12 Sept 2020
Slings in Motion® III	28 – 31 Oct 2020

Singapore	
Anatomy Trains in Motion	7 – 9 Sept 2019

Belgium	
Anatomy Trains in Motion	17 – 19 April 2020
Anatomy Trains in Motion	23 – 26 Oct 2020

Germany	
Anatomy Trains in Motion	30 Jan – 1 Feb 2020

South Korea	
Anatomy Trains in Motion	30 Jan – 2 Feb 2020

Malaysia	
Anatomy Trains in Motion	20 – 23 March 2020
Anatomy Trains in Motion	3 – 5 July 2020

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