

ANATOMY TRAINS®

Walking the Lines – Gait, Anatomy Trains & Fascial Efficiency.

Date : 6th & 7th August (Mon & Tue)
Time : 8.30am - 5 pm
Organizer : Pantai Integrated Rehab Services Sdn Bhd
Venue : Pantai Hospital Ampang (Physiotherapy Dept)
 Ground Floor, Jalan Perubatan 1, Pandan Indah,
 55100 Kuala Lumpur Malaysia



Facilitator

-JAMES EARL-



James Earls is a writer, lecturer and bodyworker specialising in Myofascial Release and Structural Integration.

Increasing the understanding and practice of manual therapy has been a passion of James' since he first started practicing bodywork over 20 years ago. Throughout his career James has travelled widely to learn from the best educators in his field, including Thomas Myers, developer of the Anatomy Trains concept. James and Tom founded Kinesis UK, which co-ordinates Anatomy Trains and Kinesis Myofascial Integration training throughout Europe, and together they authored 'Fascial Release for Structural Balance,' the definitive guide to the assessment and manipulation of fascial patterns.

James teaches a range of courses across the UK and Europe as the Director of Kinesis UK, and is also a regular lecturer at conferences and workshops around the world. Renowned for his relaxed and humorous style, James is a popular presenter whose subject is applicable for a wide-ranging audience that includes osteopaths, physiotherapists, massage therapists and movement therapists, and is in demand from the Sports Medicine departments of Premiership Football and Premier League Rugby teams.

James has collaborated with some of the top researchers in bodywork and fascial theory including Art Riggs and Robert Schleip, and is now involved in a number of projects involving research into fascia, movement and treatment modalities. He is also the founder and Director of Ultimate Massage Solutions, one of the UK's most prestigious providers of professional literature and workshops in the bodywork field.

Course / Workshop / Training	Tuition	*Discount
<u>Anatomy Trains (Walking the Lines – Gait, Anatomy Trains & Fascial Efficiency)</u> 2 Days Course 6th & 7th August 2012	RM 2050	RM1750 Register and pay by 15th June 2012

ANATOMY TRAINS®



For further enquiries please do not hesitate to email:

Contact Person

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For enquiries on Registration and Payments:
 Contact Person

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For more information visit:
www.anatomytrains.com



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Anatomy Trains (Walking the Lines – Gait, Anatomy Trains & Fascial Efficiency)

Dates 6th & 7th August 2012

Location Pantai Integrated Rehab Kuala Lumpur Malaysia

Venue (Physiotherapy Dept) Pantai Hospital Ampang

Class Times 8.30am -5.00pm

Description **One short course . . . long-lasting results for you!**

Walking is one of the most common daily functions but one of the least understood biomechanically.

In order to understand anatomy the therapist must first understand function. In this workshop we will analyse the mechanics of efficient gait, looking at the chain of events from the feet to the spine and into the shoulders. We will see how gravity works in concert with the joints and thereby the fascial and myofascial tissue to improve proprioceptive communication, muscle firing and collagenous recoil. You will come away with the tools to investigate, analyse and intervene in non-pathological walking and then learn how to build a personalised exercise or stretch program to affect and improve clients' walking and how to transfer this knowledge to running.

Workshop Format:

The workshop is split into roughly equal time on 1) lecture/presentation of the concepts and the lines, 2) BodyReading™ and postural / movement analysis, and 3) stretching, “awakening”, and touch-cueing techniques from our (and your) movement education library.

This course helps you:

- BodyRead your client's postural and movement patterns with greater accuracy and integration.
- Analyse the normal motion of the spine, the naturally correcting mechanisms of how the pelvis moves the feet and the shock absorption roles of the joints.
- Apply Tom Myers' Anatomy Trains & Robert Schleip's Fascial Fitness into an immediately usable way.
- Enable you to make distinct changes in your clients' movement pattern.

Course Objectives:

- Understand fascial recoil: the roles of mechanoreceptors in the myofascia and the basic properties and connected nature of fascia; plus tensegrity as applied to fascia and human movement.
- A succinct and relevant introduction to geometry/character of the connective tissue, to understand fascial and anatomical links through the body & the sequence of events across joints in normal gait.
- Understand what switches on the ‘core’, what really corrects pronation, why we flex our elbows to run along with many other anatomical connections.
- Apply various tests & visual cues to assess gait and to construct alternative movement strategies to help unwind and resolve the patterns observed.

	Learning Environment: <ul style="list-style-type: none"> • Illustrated lecture • Open inquiry atmosphere; questions encouraged; high degree of vitality and humour Participants will exchange palpation and practice BodyReading (visual assessment) on one another under supervised analysis of instructor and assistants.
Teacher(s)	James Earl
Discount	RM 1750 Register and pay before 15th June 2012
Tuition	RM 2050
Cancellation Fee	Deposit is not refundable
Contact Name	1. Rosnah Jusuf +6012-3394282 2. Wai Lisa +6012-3892961
Contact Phone	Tel: +603-4291 1203 / Fax: +603-4291 1201
Contact URL	www.anatomytrains.com www.pantai-rehab.com.my
Email	rosjusuf@pantai.com.my / lisawai@pantai.com.my

Registration Form A

Please register me for the Anatomy Trains® Workshop / Body Reading 101
Kuala Lumpur Malaysia

Please ✓ (tick) where applicable.

- Anatomy Trains (Walking the Lines – Gait, Anatomy Trains & Fascial Efficiency – 2 Days Course (6th & 7th August 2012))**

- Full payment for *Early Bird Discount
(Valid for payment & register made before or by 15th June 2012)**

- Deposit of RM 1500 per pax is required as a confirmation of place.
Full payment by 15th July 2012
(Applicable for Normal Tuition Fee Only)**

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Date : _____

Name : Mr [] / Ms [] _____
First Family

Date of birth : dd/mm/yyyy ____/____/____

Tel /Hp : _____

Fax : _____

E-mail : _____

Address 1 : _____

City : _____ Country : _____

Terms and Conditions of Registration

- 1) Registration to a course/workshop will be confirmed once "Deposit Payable" has been received
- 2) All successful registrations will be confirmed by email or fax or letter.
- 3) Places in a course will be allocated on a first come first served basis.
- 4) Course fees include instruction, course manual, light refreshments and Certificate of Attendance when applicable.

5) Payments

If you are making payment via telegraphic transfer or direct bank, please remit to the following

Name of Bank : CIMB Cawangan Jalan Tuanku Abdul Rahman, Kuala Lumpur

Name of Account : Pantai Integrated Rehab Services Sdn Bhd

Account Number : 14320002833058

6) Cancellation/Refunds

- i. Deposits paid are not refundable unless the course/ workshop for which the deposit was paid, is cancelled.

ii. Balance fees should be paid at the latest 15th July 2012

- iii. All Payments are made Payable to Pantai Integrated Rehab Services Sdn Bhd

- iv. Mailing address :

Pantai Integrated Rehab Services, MOB 1st Floor

Pantai Hospital Ampang, Jalan Perubatan 1, Pandan Indah

55100 Kuala Lumpur Malaysia

I have read and agree to the above Terms and Conditions of Registration.

Name : _____

Signature : _____

Date : _____