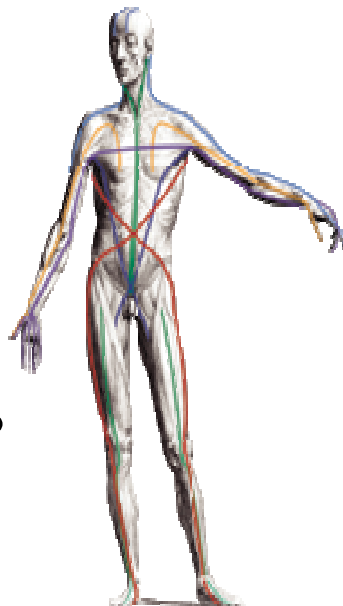


ANATOMY TRAINS®



ANATOMY TRAINS MYOFASCIAL MERIDIANS

Anatomy Trains is rapidly being taken up by many health professions - osteopathy, chiropractic, physical therapy, acupuncture, massage therapy, bodywork, somatic, yoga, and personal training of all types, as well as by athletes and savvy consumers - to effect lasting changes in body structure and movement.

Date : 8,9&10 June 2012 (Anatomy Trains & BodyReading-3 day Course)
Time : 8.30 am - 5 pm
Organizer : **Pantai Integrated Rehab Services Sdn Bhd**
Venue : **Physiotherapy Dept**
Pantai Hospital Ampang (Formerly known as Hospital Pantai Indah)
 Ground Floor, Jalan Perubatan 1
 Pandan Indah 55100 Kuala Lumpur MALAYSIA



Facilitator

MIKE DOXEY

The movement of the human body is something that Mike has been passionate about since childhood. Mike comes to this form of bodywork with extensive experience as fitness professional and Body Controlled Pilates teacher. He has been in private practice since 1990. Through his background in professional football, cycling, triathlon, yoga and Pilates, Mike has developed his natural intuitive awareness and understanding of the workings and movement of the human body. Fascinated by the integration of movement and manual therapy, Mike studied with Tom Myers, and having completed his KMI training, has expanded his one to one practice. With his work as a Pilates teacher, he has found that incorporating structural integration, and particularly the KMI approach, has completely changed how he looks at the body, making the two arts very powerful in enabling the individual to make optimum use of their body. Michael's practice is based in London and Brighton.

Course / Workshop / Training	Tuition	*Discount
<u>Anatomy Trains® & Body Reading™ 101</u> 3 Day Course 8-10 June 2012	RM 3250	RM2750 Register and pay by 30th April 2012

For further enquiries please do not hesitate to email

**For enquiries on Registration and Payments:
Contact Person**

Rosnah Jusuf +6012-3394282 (rosjusuf@pantai.com.my)
Wai Lisa +6012-3892961 (lisawai@pantai.com.my)

For more information visit: www.anatomytrains.com



ANATOMY TRAINS®

Participants are required dress appropriately (exercise attire) as there are body reading elements. Where students will be required to participate

For further details: www.pantai-rehab.com.my

Anatomy Trains® Myofascial Meridians

Dates	8,9 & 10 th June 2012
Location	Pantai Integrated Rehab Kuala Lumpur Malaysia
Venue	(Physiotherapy Dept) Pantai Hospital Ampang
Class Times	8.30am -5.00pm
Description	<p>One short course... long-lasting results for you! Set your anatomy knowledge free! Thomas Myers’ Anatomy Trains® weekend intensives are holistic, fun and very useful. Completely transform your view of myofascial anatomy and expand your ability to assess your clients’.</p> <p>The Anatomy Trains concept moves beyond mechanical “cause and affect” actions of muscles to the integrative relational connections of real-life functional movement. This is a revolutionary map for analyzing soft-tissue patterns, and developing strategies for unwinding these patterns via fascial and myofascial work.</p> <p>Anatomy Trains offers skills that hands-on therapists, regardless of their modality, can use to see their clients more clearly and work more effectively.</p> <p>BodyReading™ 101</p> <p>"Seeing is touch at a distance," said Ida Rolf. Learn to see and understand postural patterns in the body, using the Anatomy Trains updated version of her masterful visual assessment. Work smarter rather than harder, by identifying the strain patterns that underlie the pain patterns. See how the pain in their right shoulder is really set up by the collapse in the left ankle.</p> <p>The more you can see, the more efficient your work becomes. Develop more holistic strategies for resolving strain patterns and finding the structural ‘keys’ to create longer-lasting effective work. During this course we</p> <ol style="list-style-type: none"> 1. Develop and practice a simple but effective vocabulary for describing skeletal relationships – tilts, shifts, and rotations in the spine, shoulders, pelvis, and legs, 2. Use the Anatomy Trains as a map for seeing the global as well as local soft-tissue patterns that create that skeletal geometry, and 3. Develop coherent single- or multi-session strategies based on what we see / feel <p>There is ample time for small group and individual practice, so that you come out of this course with a dramatically improved ability to see, describe, strategize, and unwind postural holding patterns.</p>

Workshop Format:

The workshop is split into equal time on

- 1) lecture/presentation,
- 2) BodyReading™ and postural analysis, and
- 3) Fascial plane and myofascial plane techniques from Tom's KMI Structural Integration and movement education library.

This course helps you:

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

Course Objectives:

- Understand basic properties and connected nature of fascia, and tensegrity applied to fascia and human movement.
- A succinct and relevant introduction to geometry/character of the connective tissue, and the topology of fascial planes
- Be able to identify and trace the 6 major and 6 supplemental fascial meridians along which movement, tension, and postural distortion travel
- Be able to BodyRead™ postural patterns based on analysis of Anatomy Trains lines
- Apply knowledge to construct a bodywork session appropriate for the specific pattern of each client
- This course also serves as a prerequisite for entry in the KMI 500-hour Certification Training

Learning Environment:

- Illustrated lecture
- Open inquiry atmosphere; questions encouraged; high degree of vitality and humor
- Participants will exchange palpation and practice BodyReading (visual assessment) on one another under supervised analysis of instructor and assistants.

Recommended Reading:

- Anatomy Trains by Thomas W. Myers
- Body3 – A Therapist's Anatomy Reader by Thomas W. Myers

Anatomy Trains can be found at many bookstores, as well as, Amazon and similar such sites. Both are available at www.AnatomyTrains.com/store

Other products are typically available for purchase at the workshops.

	<p>Movement Therapists: Anatomy Trains workshops are frequently modified for particular audiences, such as yoga or Pilates, and these variations would emphasize the movement implications of these continuities rather than hands-on technique. Please be certain that you are enrolled in the proper format of Anatomy Trains to fit your background and experience.</p>
Teacher(s)	Mike Doxey
Discount	RM 2750 Register and pay before 30th April 2012
Tuition	RM 3250
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® & BodyReading Workshop – 3 Day Course
(8, 9 & 10 June 2011)**

- Full payment for *Early Bird Discount
(Valid for payment & register made before 30th April 2011)**

- Deposit of RM 1500 per pax is required as a confirmation of place.
Register & Pay by 30th April 2012 and full payment by 15th May 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 May 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 : _____