

## 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** : 18<sup>th</sup> & 19<sup>th</sup> August 2010 (*Anatomy Trains-2 days Course*)  
 20<sup>th</sup> August 2010 (*Body Reading101- 1 day Course*)  
 21<sup>st</sup> & 22<sup>nd</sup> August 2010 (*Fascial Release Techniques for Structural Balance: The Pelvis-2 days Course*)

**Time** : 9 am - 5 pm

**Organizer** : **Pantai Integrated Rehab Services Sdn Bhd**

**Venue** : (Auditorium) **Pantai Hospital Ampang**  
*(Formerly known as Hospital Pantai Indah)*  
**Ground Floor, Jalan Perubatan 1, Pandan Indah,**  
**55100 Kuala Lumpur MALAYSIA**



**Facilitator**

**-JAMES EARL-**

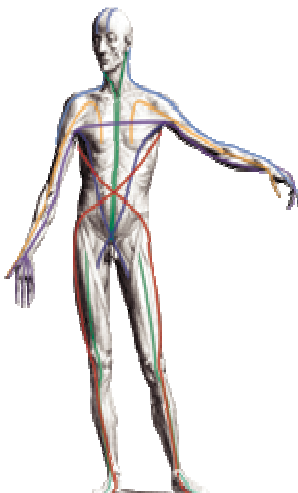


James has been practicing bodywork for over 16 years and has trained in a variety of approaches. He is founder and director of Ultimate Massage Solutions, specializing in Myofascial Release and Structural Integration to rid the body of restrictions and restore the body's natural postural balance.

Ultimate Massage Solution also has a wide range of Books and DVDs aimed at students and practitioners of Bodywork. James has trained with Tom Myers, originator of the Anatomy Trains™ theory, and is a registered of his approach. James has travelled widely to learn from some of the top educators in the field and he now teaches a range of courses for schools in Ireland, the UK and Europe. He has worked at the World Triathlon Championships in Hawaii and been invited to work with Premiership Football And Premier League Rugby Teams, teaching their Sports Medicine teams and working on "problem" players.

| Course / Workshop / Training  | Tuition | *Early Bird Discount  |
|---|---------|---|
| <u>Anatomy Trains®</u><br>2 Days Course   | RM 1750 | <b>RM1500</b><br>Register and pay before<br>18 <sup>th</sup> June 2010  |
| <u>Body Reading™ 101</u><br>1 Day Course<br>*** 2 - 3 days, ATMT or ATM a<br>Pre-requisite      | RM 1000 | <b>RM 850</b><br>Register and pay before<br>18 <sup>th</sup> June 2010  |
| <u>Fascial Release Techniques for Structural Balance:</u><br><u>The Pelvis</u><br>2 Days Course | RM 1750 | <b>RM 1500</b><br>Register and pay before<br>18 <sup>th</sup> June 2010 |

### ANATOMY TRAINS®



For further enquiries please do not hesitate to email:

Contact Person  
**Hannah Pearson** ([hannah@pantai.com.my](mailto:hannah@pantai.com.my))

For enquiries on Registration and Payments:

Contact Person  
**Rosnah Jusuf** +6012-3394282 ([rosjusuf@pantai.com.my](mailto:rosjusuf@pantai.com.my))  
**Wai Lisa** +6012-3892961 ([lisawai@pantai.com.my](mailto:lisawai@pantai.com.my))

For more information visit: [www.anatomytrains.com](http://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:

URL: [www.pantai-rehab.com.my](http://www.pantai-rehab.com.my)  
 Tel: +603-4291 1203 / Fax: +603-4291 1201

## **Anatomy Trains® Myofascial Meridians**

|                    |   |
|--------------------|---|
| <b>Dates</b>       | 18 <sup>th</sup> & 19 <sup>th</sup> August 2010   |
| <b>Location</b>    | Pantai Integrated Rehab Kuala Lumpur Malaysia   |
| <b>Venue</b>       | (Auditorium) Pantai Hospital Ampang   |
| <b>Class Times</b> | 9.00am -5.00pm (Wednesday - Thursday)   |
| <b>Description</b> | <p><b>One short course... long-lasting results for you!</b><br/>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><b>Workshop Format:</b><br/>The workshop is split into equal time on</p> <ol style="list-style-type: none"> <li>1) Lecture/presentation,</li> <li>2) BodyReading™ and postural analysis, and</li> <li>3) Fascial plane and myofascial plane techniques from Tom's KMI Structural Integration and movement education library.</li> </ol> <p><b>This course helps you:</b></p> <ul style="list-style-type: none"> <li>- BodyRead™ your client's postural and movement patterns with greater accuracy and integration</li> <li>- Gain access to effective treatment strategies for resolving postural distortions, which may occur some distance from the site of pain or limitation</li> <li>- Enable you to make distinct changes in your clients' structure in a few short moves.</li> </ul> <p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>- Understand basic properties and connected nature of fascia, and tensegrity applied to fascia and human movement.</li> <li>- A succinct and relevant introduction to geometry/character of the connective tissue, and the topology of fascial planes</li> <li>- Be able to identify and trace the 6 major and 6 supplemental fascial meridians along which movement, tension, and postural distortion travel</li> <li>- Be able to BodyRead™ postural patterns based on analysis of Anatomy Trains lines</li> <li>- Apply knowledge to construct a bodywork session appropriate for the specific pattern of each client</li> <li>- This course also serves as a prerequisite for entry in the KMI 500-hour Certification Training</li> </ul> |

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|-------------------------|--|
|                         | <p><b>Learning Environment:</b></p> <ul style="list-style-type: none"> <li>- Illustrated lecture</li> <li>- Open inquiry atmosphere; questions encouraged; high degree of vitality and humor</li> <li>- Participants will exchange palpation and practice BodyReading (visual assessment) on one another under supervised analysis of instructor and assistants.</li> </ul> <p><b>Recommended Reading:</b></p> <ul style="list-style-type: none"> <li>- Anatomy Trains by Thomas W. Myers</li> <li>- Body3 – A Therapist’s Anatomy Reader by Thomas W. Myers</li> </ul> <p>Anatomy Trains can be found at many bookstores, as well as, Amazon and similar such sites. Both are available at <a href="http://www.AnatomyTrains.com/store">www.AnatomyTrains.com/store</a></p> <p>Other products are typically available for purchase at the workshops.</p> <p><b>Movement Therapists:</b></p> <p>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> |
| <b>Teacher(s)</b>       | James Earl   |
| <b>Discount</b>         | <b>RM 1500 Register and pay before (18<sup>TH</sup> June 2010)</b>   |
| <b>Tuition</b>          | <b>RM 1750</b>   |
| <b>Cancellation Fee</b> | Deposit is not refundable  |
| <b>Contact Name</b>     | 1. Rosnah Jusuf +6012-3394282<br>2. Wai Lisa +6012-3892961   |
| <b>Contact Phone</b>    | Tel: +603-4291 1203 / Fax: +603-4291 1201  |
| <b>Contact URL</b>      | <a href="http://www.anatomytrains.com">www.anatomytrains.com</a><br><a href="http://www.pantai-rehab.com.my">www.pantai-rehab.com.my</a>   |
| <b>Email</b>            | rosjusuf@pantai.com.my / lisawai@pantai.com.my   |

## **BodyReading™ 101**

|                         |   |
|-------------------------|---|
| <b>Dates</b>            | 20 <sup>th</sup> August 2010  |
| <b>Location</b>         | Pantai Integrated Rehab Kuala Lumpur Malaysia   |
| <b>Venue</b>            | (Auditorium) Pantai Hospital Ampang   |
| <b>Class Times</b>      | 9.00am -5.00pm (Friday)   |
| <b>Description</b>      | <p><b>BodyReading™ 101</b><br/>2 - 3 days, ATMT or ATM a prerequisite</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"> <li>1. Develop and practice a simple but effective vocabulary for describing skeletal relationships – tilts, shifts, and rotations in the spine, shoulders, pelvis, and legs,</li> <li>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</li> <li>3. Develop coherent single- or multi-session strategies based on what we see / feel</li> </ol> <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> |
| <b>Teacher(s)</b>       | James Earl  |
| <b>Discount</b>         | <b>RM850 Register and pay before ( 18<sup>th</sup> June 2010)</b>   |
| <b>Tuition</b>          | <b>RM 1000</b>  |
| <b>Cancellation Fee</b> | Deposit is not refundable   |
| <b>Contact Name</b>     | 1. Rosnah Jusuf +6012-3394282<br>2. Wai Lisa +6012-3892961  |
| <b>Contact Phone</b>    | Tel: +603-4291 1203 / Fax: +603-4291 1201   |
| <b>Email</b>            | rosjusuf@pantai.com.my / lisawai@pantai.com.my  |

## Fascial Release Techniques for Structural Balance: The Pelvis

|                         |   |
|-------------------------|---|
| <b>Dates</b>            | Aug 21, 2010 – Aug 22, 2010   |
| <b>Location</b>         | Kuala Lumpur, Malaysia  |
| <b>Venue</b>            | Pantai Integrated Rehab   |
| <b>Class Times</b>      | 9:00 am to 5:00 pm Saturday and Sunday  |
| <b>Description</b>      | <p>This hands-on workshop explores the logic and application of pelvic biomechanics to assessment and treatment of structural/postural imbalance. The pelvis joins the legs to the spine and is the 'keystone' of human architecture, as well as many feelings, and the site of many traumas for both men and women. The twenty or so deep, intrinsic muscles surrounding the pelvis are arranged in fans that hold these postures as well as feelings. This workshop explores this 'touchy' area with specificity and sensitivity. Come explore these muscles via palpation and manual therapy techniques for finding, stretching, opening and understanding the deep lateral rotators, adductors, groin muscles and the pelvic floor. Highlights include:</p> <ol style="list-style-type: none"> <li>1. The adductors on the side of the thigh</li> <li>2. The deep lateral rotators and pelvic ligaments</li> <li>3. The adductors and ischial ramus, with connections to the pelvic floor, and</li> <li>4. The psoas complex.</li> </ol> <p>This 2-day workshop is an intensive course limited to specific anatomy and heavy on manual soft-tissue technique. Each course focuses on 15-20 core 'templates' for technique, which can be applied in different ways for different patterns in your clients. The course fully explains the intent and scope of each move.</p> <p>This course is limited to practicing manual therapists.</p> |
| <b>Teacher(s)</b>       | James Earl  |
| <b>Discount</b>         | <b>RM 1500 Register and pay before (18<sup>th</sup> June 2010)</b>  |
| <b>Tuition</b>          | <b>RM 1750</b>  |
| <b>Cancellation Fee</b> | Deposit is not refundable   |
| <b>Contact Name</b>     | 1. Rosnah Jusuf +6012-3394282<br>2. Wai Lisa +6012-3892961  |
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| <b>Email</b>            | rosjusuf@pantai.com.my / lisawai@pantai.com.my  |

## Registration Form

Please register me for the **Anatomy Trains® Workshop** & /or **Body Reading 101** & / or **Fascial Release Techniques for Structural Balance: the Pelvis**

Kuala Lumpur, Malaysia

Please ✓ (tick) where applicable.

- Anatomy Trains® Workshop (RM 1750) – 2 Days Course (18<sup>th</sup> & 19<sup>th</sup> August 2010)**
  - Body Reading™ 101 (RM 1000) - 1 Day Course (20<sup>th</sup> August 2010)**
  - Fascial Release Techniques for Structural Balance: The Pelvis (RM 1750) - 2 Days Course (21<sup>st</sup> & 22<sup>nd</sup> August 2010)**
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### *Early Bird Payment*

- Early Bird Payment (RM 1500) (valid for payment & register made before 18<sup>th</sup> June 2010) - Anatomy Trains® Workshop**
  - Early Bird Payment (RM 850) (valid for payment & register made before 18<sup>th</sup> June 2010) - Body Reading™ 101\*\*\* 2 - 3 days, ATMT or ATM a prerequisite**
  - Early Bird Payment (RM 1500) (valid for payment & register made before 18<sup>th</sup> June 2010) - Fascial Release Techniques for Structural Balance: The Pelvis**
- .....

### *Deposit Payment*

- Deposit of RM 700 for Normal Fee RM 1750 and full payment by 18<sup>th</sup> July 2010. (Not applicable for \*Early Bird Discount) - Anatomy Trains® Workshop**
- Deposit of RM 400 for Normal Fee RM 1000 and full payment by 18<sup>th</sup> July 2010. (Not applicable for \*Early Bird Discount) - Body Reading™ 101\*\*\* 2 - 3 days, ATMT or ATM a prerequisite**
- Deposit of RM 700 for Normal Fee RM 1750 and full payment by 18<sup>th</sup> July 2010. (Not applicable for \*Early Bird Discount) - Fascial Release Techniques for Structural Balance: The Pelvis**

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. All fees should be paid at the latest 18 July 2010
- 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 : \_\_\_\_\_