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## Anatomy Trains - 3rd Edition

Anatomy Trains is an essential guide for understanding key myofascial lines which, when in tensegrity, facilitate optimal movement and postural patterns. Keep the train rolling, Tom.

## Anatomy Trains - Dynamic Education for Body-Minded ...

The 12 myofascial meridians in the Anatomy Trains system join the individual muscles you learned into functional complexes within the fascial fabric each with a defined anatomy and meaning in human posture and movement.

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An Intro To Myofascial Meridians: In Structure & Function  
Fully updated throughout and now with accompanying website  
([www.myersmyofascialmeridians.com](http://www.myersmyofascialmeridians.com)), Anatomy Trains:  
Myofascial Meridians for Manual and Movement Therapists will be  
ideal for all those professionals who have an interest in human  
movement: massage therapists, structural integration practitioners,  
craniosacral therapists, yoga teachers ...

Anatomy Trains: Myofascial Meridians DVD  
Anatomy Trains Revealed: Dissecting the Myofascial Meridians  
DVD using classroom video and photos. A 3-DVD set on discovery  
in the field of manual and movement therapies.

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**Anatomy Trains Revealed: Dissecting the Myofascial Meridians**  
These continuities, termed myofascial meridians, wind longitudinally through the soft tissues. These ideas are unfolded in greater detail in the book *Anatomy Trains* (Elsevier, 2001), and at [www.AnatomyTrains.net](http://www.AnatomyTrains.net). *Anatomy Trains* provides a traceable basis for effective treatment at some distance from the site of dysfunction or pain.

**An Introduction to the Anatomy Trains 8 Myofascial Meridians**  
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Anatomy Trains Structural Integration Training - Bodywork ...  
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### Anatomy Trains (Myofascial Meridians)

Myers developed the myofascial meridians as a way of explaining the role of the fascial system in relation to human structure and function. Myers book Anatomy Trains (2008) has become a leading resource in the study of the fascial network but should be considered in context as only *one* way of considering the way the fascial network can work.

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Whole-Body Fascial and Myofascial ... - About Anatomy Trains  
The Anatomy Trains Myofascial Meridians concept by Tom Myers is quite popular amongst manual and movement therapists. However there has been little scientific evidence to support this concept until recently.

### Anatomy Trains - 4th Edition

This program summarizes the whole Anatomy Trains Myofascial Meridians system. The "rules of the game" are laid out, as well as each of the 12 myofascial linkages, their components, and relationships in specific detail in a way no ordinary muscle-by-muscle and bone-by-bone anatomy course has ever done.

### Anatomy Trains - Dynamic Education for Body-Minded ...

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Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists Paperback. Thomas W. Myers. 4.4 out of 5 stars 35. 34 offers from \$30.16. Special offers and product promotions. Pre-order Price Guarantee! Order now and if the Amazon.com price decreases between your order time and the end of the day of the release date, you'll receive the ...

Anatomy Trains and Myofascial Meridians | HFE Blog  
Anatomy trains (or myofascial meridians) are lines of connective tissue which in part resemble the pathways of the meridians of Traditional Chinese Medicine (TCM). The proponent and discoverer of these anatomy trains is Tom Meyers who first theorized them based on his own therapeutic experience.



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Anatomy Trains: Myofascial Meridians for Manual Therapists ...

Myofascial Meridians A revolution in Soft-Tissue Patterning

Anatomy Trains® maps the "anatomy of connection" – the whole-body fascial and myofascial linkages. Anatomy Trains links the individual muscles into functional complexes, each with a specific anatomy and "meaning".

Elsevier: Elsevier Ltd: Anatomy Trains Myofacial Meridians ...

To qualify as a myofascial meridian or Anatomy Train, a chain had to have: a minimum of three muscles in the chain and they had to line up in the body's fabric, like the hamstrings and the gastrocs, and they had to stay at the same level – no jumping from superficial to deep. There are 12 of these myofascial meridians I have mapped so far.

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Anatomy Trains: Myofascial Meridians for Manual and ...

Find many great new & used options and get the best deals for Anatomy Trains : Myofascial Meridians for Manual and Movement Therapists by Thomas W. Myers (2014, Paperback) at the best online prices at eBay! Free shipping for many products!

The Evidence of Anatomy Trains Myofascial Meridians

Get a multi-dimensional understanding of musculoskeletal anatomy with Anatomy Trains: Myofascial Meridians for Manual Therapists and Movement Professionals, 4th Edition. This hugely successful, one-of-a-kind title continues to center on the application of anatomy trains across a variety of clinical assessment and treatment approaches – demonstrating how painful problems in one area of the

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This website has been especially designed for readers of the third edition of Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists by Thomas Myers - the worldwide bestseller which helps readers expand their vision and practice to global myofascial patterns.

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