

# Anatomy Trains Tom Myers

Tom Myers is the author of Anatomy Trains, a book that reimagines our anatomy as an interconnected,

*Page 1/125*

*anatomy-trains-tom-myers*

holistic system  
instead of a  
series of  
independent  
parts. In this  
interview he  
talks about how  
the Anatomy  
Trains concept  
can help yoga  
teachers and  
yoga

*Page 2/125*

*anatomy-trains-tom-myers*

practitioners get a deeper understanding of what happens in yoga postures and how to make progress in our practice.

Anatomy Trains in Training has its foundation in Tom Myers's

*Page 3/125*

*anatomy-trains-tom-myers*

Anatomy Trains  
and James Earls'  
Born to walk.  
The myofascial  
meridians give  
the map of  
loading. This  
map has  
developed in us  
because of the  
loading of the  
movement that

*Page 4/125*

*anatomy-trains-tom-myers*

we most  
commonly do.  
This map needs  
to be trained as a  
whole, but we  
also need to be  
able to  
understand it's  
individual  
connections. AT  
in Training  
includes ...

*Page 5/125*

~~Tom Myers~~  
~~European~~  
~~Workshops~~  
~~Anatomy~~  
~~TrainsAnatomy~~  
~~Trains~~  
~~Welcome to~~  
~~Anatomy Trains~~  
~~Anatomy~~  
~~TrainsAnatomy~~  
~~Trains ...~~  
Anatomy Trains

*Page 6/125*

*anatomy-trains-tom-myers*

| Tom Myers |  
Talks at Google

Introduction to  
Anatomy Trains  
Tom Myers' self-  
help routine for  
the neck ~~Tom~~  
~~Myers~~

~~Introduces~~  
~~Anatomy Trains~~  
~~3rd Edition~~  
~~ANATOMY~~

*Page 7/125*

*anatomy-trains-tom-myers*

~~TRAINS - Tom  
Myers Full  
Interview~~  
Thomas Myers -  
Fascia 101  
Anatomy Trains  
and Body  
Reading: A  
Simple Test for  
Rotation with  
Tom Myers Tom  
Myers Fascial

*Page 8/125*



Release  
Technique for  
the lower leg  
~~Tom Myers~~  
~~discusses~~  
~~Anatomy Trains~~  
~~4th edition! Tom~~  
~~Myers on Yoga,~~  
~~Fascia, and the~~  
~~New Anatomy of~~  
~~the Body Tibetan~~  
~~Monk Frozen~~

*Page 9/125*

*anatomy-trains-tom-myers*

~~Shoulder  
Bodywork  
Session with  
Tom Myers The  
One Rule of  
Effective Fascial  
Release - And  
Why Massage  
Doesn't 'Release'  
Fascia About  
Slings  
Myofascial~~

*Page 10/125*

Training

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FASCIA PAIN:  
the role of fascia  
in pain, pain  
relief, re-wiring  
your brain

\u0026amp; human  
optimization

~~Fascia \u0026amp;~~

~~The Mystery of~~

~~Chronic Pain |~~

~~Dana Sterling |~~

*Page 11/125*

~~LIFE TALK~~  
~~Fascia Release~~  
~~for your Lower~~  
~~Back Myofascial~~  
~~Lines~~

---

Anatomy 201:  
The Connection  
Between Your  
Hamstrings and  
Adductor  
MagnusFSP.  
Fascia Stretching

*Page 12/125*

Protocol by Dr.  
Dr. Hodayun  
Gharavi The  
Truth About  
Muscle Fascia  
Massage  
Tutorial:  
Myofascial  
Release basics  
(sloth-style) Are  
You Aging or  
Just Drying Out?

*Page 13/125*

- Tom Myers  
Anatomy Trains  
Revealed  
Preview

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Thomas Myers -  
Tensegrity  
Applied to  
Human  
Biomechanics  
Thomas Myers  
on Biomechanics  
- Isolation vs

*Page 14/125*

*anatomy-trains-tom-myers*

Integration  
Facial Self  
Massage with  
Tom Myers Tom  
Myers' self-  
massage  
practices for the  
hands Anatomy  
Trains® - Tom  
Myers  
interviews  
founders of

*Page 15/125*

*anatomy-trains-tom-myers*

Stretch to Win®  
~~Feeling Your~~  
~~Way Through~~  
~~the Lines~~  
~~Webinar Preview~~  
~~from Anatomy~~  
~~Trains Anatomy~~  
~~Trains Tom~~  
~~Myers~~  
Tom Myers to  
present at  
Australian Fascia

*Page 16/125*

*anatomy-trains-tom-myers*



Symposium.  
September 17,  
2020 by  
Anatomy Trains.  
Anatomy Trains  
is thrilled to  
announce that  
Tom Myers will  
now be  
presenting as  
part of the online  
Australian Fascia

*Page 17/125*

*anatomy-trains-tom-myers*

Symposium,  
September  
18-20! The  
Australian Fascia  
Symposium is an  
online event  
where leaders in  
fascial research  
and applications  
present ...

~~Anatomy Trains~~  
*Page 18/125*

*anatomy-trains-tom-myers*

~~—Dynamic  
Education for  
Body-Minded ...~~

Tom is the  
author of  
Anatomy Trains  
(2020, 4th ed),  
co-author of  
Fascial Release  
for Structural  
Balance (North  
Atlantic, 2010,

*Page 19/125*

*anatomy-trains-tom-myers*

2017), co-author  
of Anatomy  
Trains in Motion  
Study Guide  
(2019), author  
of Body3, The  
Anatomist 's  
Corner,  
Structural  
Integration:  
Collected  
Articles, and

*Page 20/125*

BodyReading:  
Visual  
Assessment and  
The Anatomy  
Trains, and has  
also written  
extensively for  
Journal of  
Bodywork ...

~~Tom Myers~~  
~~Author of~~

*Page 21/125*

*anatomy-trains-tom-myers*

~~Anatomy Trains~~  
Home / About  
Anatomy Trains  
/ About Tom  
Myers. About  
Tom Myers  
HEART AND  
SOUL. I have  
been so very  
fortunate to be  
involved with  
bodywork –

*Page 22/125*

*anatomy-trains-tom-myers*

making a living  
through touching  
people with the  
intent to create  
progressive  
change toward  
balance – since  
1974, now 43  
years ago. After  
so long, I ' m  
grateful to be  
invited to share a

*Page 23/125*

few of its  
lessons.  
(Actually, it  
reaches back  
further in my life  
...

~~About Tom  
Myers—  
Background &  
History |  
Anatomy Trains~~

*Page 24/125*

*anatomy-trains-tom-myers*



Tom Myers  
discusses  
Anatomy Trains  
in Structure &  
Function.  
Transform your  
view of  
myofascial  
anatomy and  
expand your  
ability to assess  
postural and

*Page 25/125*

*anatomy-trains-tom-myers*

movement pa...

May 13.

Meredith

Stephens talks

about New

BodyReading

101/102.

Meredith

Stephens, MS,

PT, LMT, BCSI

holds a BS in

exercise

*Page 26/125*

physiology, an  
MS in physical  
therapy, ... View  
All News >  
LATEST  
PRODUCTS\_  
Trail Guide to  
the Body 6th ...

~~Welcome to  
Anatomy Trains  
—Anatomy~~

*Page 27/125*

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~~TrainsAnatomy~~

~~Trains ...~~

Anatomy Trains

champions a

wider scope of

the body and its

movement

systems. Gray

Cook MSPT,

OSPT, CSCS,

Developer of the

Functional

*Page 28/125*

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Movement  
Screen Tom  
Myers' masterful  
second edition of  
Anatomy Trains  
incorporates the  
most recent  
scientific  
concepts into a  
framework for  
understanding  
and practicing

*Page 29/125*

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deep tissue  
work. Readers  
will gain insight  
...

~~Anatomy Trains:  
Myofascial  
Meridians for  
Manual and ...~~

This website has  
been especially  
designed for

*Page 30/125*

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readers of the  
third edition of  
Anatomy Trains:  
Myofascial  
Meridians for  
Manual and  
Movement  
Therapists by  
Thomas Myers -  
the worldwide  
bestseller which  
helps readers

*Page 31/125*

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expand their  
vision and  
practice to global  
myofascial  
patterns.  
Suitable for all  
professionals  
who have an  
interest in human  
movement, this  
website contains  
a wide selection

*Page 32/125*



of videos ...

~~Anatomy Trains~~  
~~—Dynamic~~  
~~Education for~~  
~~Body-Minded ...~~

In addition to  
Tom Myers 's  
writing, we offer  
new books  
related to fascia  
in sport and

*Page 33/125*

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performance, the  
new  
biomechanics,  
and a broad  
selection of  
literature that  
relates to the  
Anatomy Trains  
myofascial  
meridians  
concept.

Whether you are

*Page 34/125*

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experienced in  
Structural  
Integration or a  
health  
professional  
looking to  
expand your  
understanding of  
fascial fitness,  
our books are a  
valuable  
resource for ...

*Page 35/125*

~~Anatomy Trains~~  
~~Books for Sale |~~  
~~Fascial Health~~  
~~Literature~~

Tom Myers is  
the author of  
Anatomy Trains,  
a book that  
reimagines our  
anatomy as an  
interconnected,

*Page 36/125*

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holistic system  
instead of a  
series of  
independent  
parts. In this  
interview he  
talks about how  
the Anatomy  
Trains concept  
can help yoga  
teachers and  
yoga

*Page 37/125*

*anatomy-trains-tom-myers*

practitioners get  
a deeper  
understanding of  
what happens in  
yoga postures  
and how to make  
progress in our  
practice.

~~Anatomy Trains,  
Yoga and the  
Power of~~

*Page 38/125*

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~~Connections: An~~

...

This new fourth edition has been fully updated with the latest evidence-based research and includes new coverage of anatomy trains in motion using

*Page 39/125*

*anatomy-trains-tom-myers*

Pilates-evolved  
movement,  
anatomy trains in  
horses and dogs,  
and the updated  
fascial  
compendium on  
elements,  
properties,  
neurology, and  
origins of the  
fascial system.

*Page 40/125*

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This new edition  
also features an  
enhanced eBook  
format included  
with purchase as  
...

~~Anatomy Trains~~  
~~—4th Edition~~  
Tom Myers;  
Meet the  
Teaching

*Page 41/125*

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Assistants;  
Fascia.  
Tensegrity;  
Apply to ATSI  
(KMI) Apply to  
ATSI (KMI)  
Structural  
Strategies  
Application;  
News; Contact;  
About. A Brief  
History of

*Page 42/125*

Anatomy Trains  
. Tom says: “ I  
developed the  
Anatomy Trains  
during the  
1990 ’ s, as a  
game for  
students to play  
when I was  
teaching Fascial  
Anatomy at the  
Rolf Institute. I

*Page 43/125*

*anatomy-trains-tom-myers*

was inspired by  
Ida Rolf, and  
have been ...

~~About Anatomy~~  
~~Trains Anatomy~~  
~~Trains~~

in line with tom  
Myers Anatomy  
trains, has  
developed  
Anatomy trains

*Page 44/125*

*anatomy-trains-tom-myers*

in Motion – - for  
Movement  
therapists. the  
picture  
thoroughly  
represents the  
essence of this  
edition, creating  
space, length and  
ease in the body  
whether through  
manual or

*Page 45/125*

*anatomy-trains-tom-myers*

movement  
therapy. We also  
had the pleasure  
of interviewing  
" the boss " , tom  
Myers and we  
touched on  
various topics. I  
hope you enjoy  
our very honest  
and ...

~~EMAGAZINE~~  
~~Anatomy Trains~~  
Tom Myers'  
masterful second  
edition of  
Anatomy Trains  
incorporates the  
most recent  
scientific  
concepts into a  
framework for  
understanding

*Page 47/125*

*anatomy-trains-tom-myers*

and practicing deep tissue work. Readers will gain insight into both basic and clinical research issues, how the science could influence clinical practice, and vice versa. Completely

*Page 48/125*



redone  
illustrations  
show anatomy  
from the cellular  
to the whole  
body level ...

~~Anatomy Trains~~

~~—3rd Edition~~

Speaker: Tom

Myers Date:

26/27 November

*Page 49/125*

*anatomy-trains-tom-myers*

2020 Location:  
PRACTICA City:  
Moscow 26/11/2  
020-27/11/2020  
@ 9:00 am-5:30  
pm – The  
Structural  
Essential series  
is a set of  
intensive soft-  
tissue technique  
courses divided

*Page 50/125*

into functional regions.  
Combining movement and manual techniques for the most efficient and long-lasting results, and using the latest research on the

*Page 51/125*

*anatomy-trains-tom-myers*

interaction  
between  
skeleton ...

~~Tom Myers~~  
~~European~~  
~~Workshops~~  
~~Anatomy~~  
~~TrainsAnatomy~~  
~~Trains~~  
What the  
students of

*Page 52/125*

*anatomy-trains-tom-myers*

medical sciences  
need are the  
books which are  
comprehensive  
and accessible in  
their approach  
and one of the  
finest examples  
is Anatomy  
Trains written  
by Thomas W.  
Myers. The book

*Page 53/125*

*anatomy-trains-tom-myers*

originally got published in 2001 and takes 280 pages to completely explain all the concepts of the structure and fascial system in a comprehensive way. Being one of the demanded

*Page 54/125*

books, you might

...

~~Download~~

~~Anatomy Trains~~

~~Pdf Free 3rd~~

~~Edition - Read ...~~

Counteracting

Your Digital

Obsession -

Unwinding your

Neuromyofascial

*Page 55/125*

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Web Long hours  
in chairs, in  
contact with  
screens,  
produces  
predictable  
patterns in our...

~~Anatomy Trains~~  
~~| Tom Myers |~~  
~~Talks at Google~~  
~~YouTube~~

*Page 56/125*

*anatomy-trains-tom-myers*



Essentially  
Anatomy Trains  
in Motion is an  
anatomy course  
in which you will  
increase your  
depth of  
knowledge and  
gain a new  
perspective of  
Thomas W.  
Myers ' Anatomy

*Page 57/125*

*anatomy-trains-tom-myers*

Trains concept  
in relation to  
body-minded  
movement. The  
course is filled  
with functional  
anatomy,  
movement  
relevant  
information and  
practical  
applications that

*Page 58/125*

*anatomy-trains-tom-myers*

not only sound  
good on paper,  
but also work  
well in real life.  
Slings ...

~~Tom Myers~~  
~~Mentorships~~  
~~Perth & Sydney~~  
~~Anatomy~~  
~~Trains~~  
Anatomy Trains

*Page 59/125*

*anatomy-trains-tom-myers*

in Training has  
its foundation in  
Tom Myers's  
Anatomy Trains  
and James Earls'  
Born to walk.  
The myofascial  
meridians give  
the map of  
loading. This  
map has  
developed in us

*Page 60/125*

*anatomy-trains-tom-myers*

because of the loading of the movement that we most commonly do. This map needs to be trained as a whole, but we also need to be able to understand it's individual

*Page 61/125*

connections. AT  
in Training  
includes ...

~~Tom Myers~~  
~~Mentorships—Perth~~  
~~& Sydney—~~  
~~Anatomy Trains~~  
~~Anatomy Trains:~~  
~~Myofascial~~  
~~Meridians for~~

*Page 62/125*

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~~Manual and ...~~

Tom is the author of  
Anatomy Trains  
(2020, 4th ed), co-  
author of Fascial  
Release for  
Structural Balance  
(North Atlantic,  
2010, 2017), co-  
author of Anatomy  
Trains in Motion  
Study Guide (2019),

*Page 63/125*

author of *Body3*,  
*The Anatomist's  
Corner*, *Structural  
Integration:  
Collected Articles*,  
and *BodyReading:  
Visual Assessment  
and The Anatomy  
Trains*, and has also  
written extensively  
for *Journal of  
Bodywork ...*

*Page 64/125*

*anatomy-trains-tom-myers*



~~Tom Myers — Author  
of Anatomy Trains~~

~~Anatomy Trains—  
Dynamic Education for  
Body-Minded ...~~

This website has been  
especially designed for  
readers of the third  
edition of Anatomy  
Trains: Myofascial  
Meridians for Manual  
and Movement

*Page 65/125*

*[anatomy-trains-tom-myers](#)*

Therapists by Thomas Myers - the worldwide bestseller which helps readers expand their vision and practice to global myofascial patterns. Suitable for all professionals who have an interest in human movement, this website contains a wide selection of videos ...

Speaker: Tom Myers

*Page 66/125*

*[anatomy-trains-tom-myers](#)*

Date: 26/27 November  
2020 Location:  
PRACTICA City:  
Moscow 26/11/2020-2  
7/11/2020 @ 9:00  
am-5:30 pm – The  
Structural Essential  
series is a set of intensive  
soft-tissue technique  
courses divided into  
functional regions.  
Combining movement  
and manual techniques  
for the most efficient

*Page 67/125*

and long-lasting results,  
and using the latest  
research on the  
interaction between  
skeleton ...

~~Anatomy Trains |  
Tom Myers |  
Talks at Google  
— YouTube  
Download Anatomy  
Trains Pdf Free  
3rd Edition —  
Read ...~~

*Page 68/125*

*anatomy-trains-tom-myers*

~~Anatomy Trains~~

~~4th Edition~~

in line with tom

Myers Anatomy

trains, has

developed

Anatomy trains

in Motion -- for

Movement

therapists. the

picture

thoroughly

represents the

essence of this

*Page 69/125*

*anatomy-trains-tom-myers*

edition,  
creating space,  
length and ease  
in the body  
whether through  
manual or  
movement  
therapy. We also  
had the pleasure  
of interviewing  
"the boss", tom  
Myers and we  
touched on  
various topics.

*Page 70/125*

*anatomy-trains-tom-myers*

I hope you enjoy  
our very honest  
and . . .

Anatomy Trains | Tom  
Myers | Talks at Google

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Introduction to Anatomy  
Trains Tom Myers' self-  
help routine for the neck  
~~Tom Myers Introduces  
Anatomy Trains 3rd  
Edition ANATOMY  
TRAINS - Tom Myers~~

*Page 71/125*

*anatomy-trains-tom-myers*

~~Full Interview Thomas  
Myers - Fascia 101  
Anatomy Trains and  
Body Reading: A Simple  
Test for Rotation with  
Tom Myers Tom Myers  
Fascial Release  
Technique for the lower  
leg ~~Tom Myers discusses~~  
~~Anatomy Trains 4th~~  
~~edition!~~ ~~Tom Myers on~~  
~~Yoga, Fascia, and the~~  
~~New Anatomy of the~~  
~~Body~~ ~~Tibetan Monk~~~~

*Page 72/125*

*anatomy-trains-tom-myers*



~~Frozen Shoulder  
Bodywork Session with  
Tom Myers The One  
Rule of Effective Fascial  
Release And Why  
Massage Doesn't  
'Release' Fascia About  
Slings Myofascial  
Training~~

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FASCIA PAIN: the role  
of fascia in pain, pain  
relief, re-wiring your  
brain \u0026amp; human  
optimizationFascia

*Page 73/125*

~~\u0026 The Mystery of  
Chronic Pain | Dana  
Sterling | LIFE TALK  
Fascia Release for your  
Lower Back Myofascial  
Lines~~

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Anatomy 201: The  
Connection Between  
Your Hamstrings and  
Adductor Magnus FSP.  
Fascia Stretching  
Protocol by Dr. Dr.  
Homayun Gharavi The  
Truth About Muscle

*Page 74/125*

*anatomy-trains-tom-myers*

Fascia Massage Tutorial:  
Myofascial Release basics  
(sloth-style) Are You  
Aging or Just Drying  
Out? - Tom Myers  
Anatomy Trains  
Revealed Preview

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Thomas Myers -  
Tensegrity Applied to  
Human Biomechanics  
Thomas Myers on  
Biomechanics - Isolation  
vs Integration Facial Self  
Massage with Tom

*Page 75/125*

*anatomy-trains-tom-myers*

Myers Tom Myers' self-  
massage practices for the  
hands Anatomy Trains®  
- Tom Myers interviews  
founders of Stretch to  
Win® ~~Feeling Your  
Way Through the Lines  
Webinar Preview from  
Anatomy Trains  
Anatomy Trains Tom  
Myers~~

Tom Myers to present at  
Australian Fascia  
Symposium. September

*Page 76/125*

*anatomy-trains-tom-myers*

17, 2020 by Anatomy Trains. Anatomy Trains is thrilled to announce that Tom Myers will now be presenting as part of the online Australian Fascia Symposium, September 18-20! The Australian Fascia Symposium is an online event where leaders in fascial research and applications present ...

~~Anatomy Trains—  
Dynamic Education for  
Body-Minded ...~~

Tom is the author of  
Anatomy Trains (2020,  
4th ed), co-author of  
Fascial Release for  
Structural Balance  
(North Atlantic, 2010,  
2017), co-author of  
Anatomy Trains in  
Motion Study Guide  
(2019), author of Body3,  
The Anatomist 's

*Page 78/125*

Corner, Structural  
Integration: Collected  
Articles, and  
BodyReading: Visual  
Assessment and The  
Anatomy Trains, and has  
also written extensively  
for Journal of Bodywork  
...

~~Tom Myers – Author of  
Anatomy Trains~~  
Home / About Anatomy  
Trains / About Tom

*Page 79/125*

*anatomy-trains-tom-myers*

Myers. About Tom Myers HEART AND SOUL. I have been so very fortunate to be involved with bodywork – making a living through touching people with the intent to create progressive change toward balance – since 1974, now 43 years ago. After so long, I ' m grateful to be invited to share a few of its lessons.

*Page 80/125*

*anatomy-trains-tom-myers*



(Actually, it reaches back further in my life ...

~~About Tom Myers -  
Background & History |  
Anatomy Trains~~

Tom Myers discusses Anatomy Trains in Structure & Function. Transform your view of myofascial anatomy and expand your ability to assess postural and movement pa... May 13.

*Page 81/125*

*anatomy-trains-tom-myers*

Meredith Stephens talks about New BodyReading 101/102. Meredith Stephens, MS, PT, LMT, BCSI holds a BS in exercise physiology, an MS in physical therapy, ... [View All News >](#)  
**LATEST PRODUCTS\_**  
Trail Guide to the Body 6th ...

~~Welcome to Anatomy  
Trains—Anatomy~~

*Page 82/125*

*anatomy-trains-tom-myers*

~~TrainsAnatomy Trains ...~~  
Anatomy Trains  
champions a wider scope  
of the body and its  
movement systems. Gray  
Cook MSPT, OSPT,  
CSCS, Developer of the  
Functional Movement  
Screen Tom Myers'  
masterful second edition  
of Anatomy Trains  
incorporates the most  
recent scientific concepts  
into a framework for

*Page 83/125*

*anatomy-trains-tom-myers*

understanding and practicing deep tissue work. Readers will gain insight ...

~~Anatomy Trains:  
Myofascial Meridians for  
Manual and ...~~

This website has been especially designed for readers of the third edition of Anatomy Trains: Myofascial Meridians for Manual

*Page 84/125*

*anatomy-trains-tom-myers*

and Movement  
Therapists by Thomas  
Myers - the worldwide  
bestseller which helps  
readers expand their  
vision and practice to  
global myofascial  
patterns. Suitable for all  
professionals who have  
an interest in human  
movement, this website  
contains a wide selection  
of videos ...

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

In addition to Tom Myers ' writing, we offer new books related to fascia in sport and performance, the new biomechanics, and a broad selection of literature that relates to the Anatomy Trains myofascial meridians concept. Whether you

*Page 86/125*

are experienced in Structural Integration or a health professional looking to expand your understanding of fascial fitness, our books are a valuable resource for ...

~~Anatomy Trains Books  
for Sale | Fascial Health  
Literature~~

Tom Myers is the author of Anatomy Trains, a book that reimagines our

*Page 87/125*

*anatomy-trains-tom-myers*

anatomy as an interconnected, holistic system instead of a series of independent parts. In this interview he talks about how the Anatomy Trains concept can help yoga teachers and yoga practitioners get a deeper understanding of what happens in yoga postures and how to make progress in our practice.



~~Anatomy Trains, Yoga  
and the Power of  
Connections: An ...~~

This new fourth edition  
has been fully updated  
with the latest evidence-  
based research and  
includes new coverage of  
anatomy trains in motion  
using Pilates-evolved  
movement, anatomy  
trains in horses and dogs,  
and the updated fascial  
compendium on

*Page 89/125*

*anatomy-trains-tom-myers*

elements, properties, neurology, and origins of the fascial system. This new edition also features an enhanced eBook format included with purchase as ...

~~Anatomy Trains—4th Edition~~

Tom Myers; Meet the Teaching Assistants; Fascia. Tensegrity; Apply to ATSI (KMI) Apply to

*Page 90/125*

*anatomy-trains-tom-myers*

ATSI (KMI) Structural  
Strategies Application;  
News; Contact; About. A  
Brief History of Anatomy  
Trains . Tom says: “ I  
developed the Anatomy  
Trains during the  
1990 ’ s, as a game for  
students to play when I  
was teaching Fascial  
Anatomy at the Rolf  
Institute. I was inspired  
by Ida Rolf, and have  
been ...

*Page 91/125*

*anatomy-trains-tom-myers*

~~About Anatomy~~  
~~Trains Anatomy Trains~~  
in line with tom Myers  
Anatomy trains, has  
developed Anatomy  
trains in Motion – - for  
Movement therapists. the  
picture thoroughly  
represents the essence of  
this edition, creating  
space, length and ease in  
the body whether  
through manual or

*Page 92/125*

*anatomy-trains-tom-myers*

movement therapy. We also had the pleasure of interviewing "the boss", Tom Myers and we touched on various topics. I hope you enjoy our very honest and ...

~~EMAGAZINE~~

~~Anatomy Trains~~

Tom Myers' masterful second edition of Anatomy Trains incorporates the most

*Page 93/125*

*anatomy-trains-tom-myers*

recent scientific concepts into a framework for understanding and practicing deep tissue work. Readers will gain insight into both basic and clinical research issues, how the science could influence clinical practice, and vice versa. Completely redone illustrations show anatomy from the cellular to the whole

*Page 94/125*

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body level ...

~~Anatomy Trains~~—3rd  
Edition

Speaker: Tom Myers

Date: 26/27 November

2020 Location:

PRACTICA City:

Moscow

26/11/2020-27/11/2020

@ 9:00 am-5:30 pm —

The Structural Essential  
series is a set of intensive  
soft-tissue technique

*Page 95/125*

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courses divided into functional regions. Combining movement and manual techniques for the most efficient and long-lasting results, and using the latest research on the interaction between skeleton ...

~~Tom Myers European Workshops Anatomy Trains~~  
Anatomy Trains  
What the students of

*Page 96/125*

*anatomy-trains-tom-myers*



medical sciences need are the books which are comprehensive and accessible in their approach and one of the finest examples is Anatomy Trains written by Thomas W. Myers. The book originally got published in 2001 and takes 280 pages to completely explain all the concepts of the structure and fascial system in a

*Page 97/125*

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comprehensive way.  
Being one of the  
demanded books, you  
might ...

~~Download Anatomy  
Trains Pdf Free 3rd  
Edition - Read ...~~

Counteracting Your  
Digital Obsession -  
Unwinding your  
Neuromyofascial Web  
Long hours in chairs, in  
contact with screens,

*Page 98/125*

*anatomy-trains-tom-myers*

produces predictable  
patterns in our...

~~Anatomy Trains | Tom  
Myers | Talks at Google -  
YouTube~~

Essentially Anatomy  
Trains in Motion is an  
anatomy course in which  
you will increase your  
depth of knowledge and  
gain a new perspective of  
Thomas W. Myers 's  
Anatomy Trains concept

*Page 99/125*

*anatomy-trains-tom-myers*

in relation to body-minded movement. The course is filled with functional anatomy, movement relevant information and practical applications that not only sound good on paper, but also work well in real life. Slings ...

~~Tom Myers Mentorships~~  
~~—Perth & Sydney—~~  
~~Anatomy Trains~~

*Page 100/125*

*anatomy-trains-tom-myers*

Anatomy Trains in Training has its foundation in Tom Myers's Anatomy Trains and James Earls' Born to walk. The myofascial meridians give the map of loading. This map has developed in us because of the loading of the movement that we most commonly do. This map needs to be trained as a whole, but we also need

*Page 101/125*

*anatomy-trains-tom-myers*

to be able to understand  
it's individual  
connections. AT in  
Training includes ...

~~Anatomy Trains—3rd  
Edition~~

Anatomy Trains | Tom  
Myers | Talks at Google

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Introduction to Anatomy  
Trains Tom Myers' self-  
help routine for the neck

*Page 102/125*

*anatomy-trains-tom-myers*

~~Tom Myers Introduces  
Anatomy Trains 3rd  
Edition ANATOMY  
TRAINS - Tom Myers  
Full Interview Thomas  
Myers - Fascia 101  
Anatomy Trains and  
Body Reading: A Simple  
Test for Rotation with  
Tom Myers Tom Myers  
Fascial Release  
Technique for the lower  
leg ~~Tom Myers discusses~~  
~~Anatomy Trains 4th~~~~

*Page 103/125*

*anatomy-trains-tom-myers*

~~edition! Tom Myers on  
Yoga, Fascia, and the  
New Anatomy of the  
Body Tibetan Monk  
Frozen Shoulder  
Bodywork Session with  
Tom Myers The One  
Rule of Effective Fascial  
Release And Why  
Massage Doesn't  
'Release' Fascia About  
Slings Myofascial  
Training~~

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FASCIA PAIN: the role

*Page 104/125*

*anatomy-trains-tom-myers*



of fascia in pain, pain relief, re-wiring your brain \u0026amp; human optimizationFascia \u0026amp; The Mystery of Chronic Pain | Dana Sterling | LIFE TALK Fascia Release for your Lower Back Myofascial Lines

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Anatomy 201: The Connection Between Your Hamstrings and Adductor MagnusFSP.

*Page 105/125*

*anatomy-trains-tom-myers*

Fascia Stretching  
Protocol by Dr. Dr.  
Hodayun Gharavi The  
Truth About Muscle  
Fascia Massage Tutorial:  
Myofascial Release basics  
(sloth-style) Are You  
Aging or Just Drying  
Out? - Tom Myers  
Anatomy Trains  
Revealed Preview

---

Thomas Myers -  
Tensegrity Applied to  
Human Biomechanics

*Page 106/125*

*anatomy-trains-tom-myers*

Thomas Myers on  
Biomechanics - Isolation  
vs Integration Facial Self  
Massage with Tom  
Myers Tom Myers' self-  
massage practices for the  
hands Anatomy Trains®  
- Tom Myers interviews  
founders of Stretch to  
Win® ~~Feeling Your  
Way Through the Lines  
Webinar Preview from  
Anatomy Trains  
Anatomy Trains Tom~~

*Page 107/125*

*anatomy-trains-tom-myers*

## Myers

Tom Myers discusses  
Anatomy Trains in  
Structure & Function.

Transform your view of  
myofascial anatomy and  
expand your ability to  
assess postural and  
movement pa... May 13.

Meredith Stephens talks  
about New BodyReading  
101/102. Meredith  
Stephens, MS, PT, LMT,  
BCSI holds a BS in

*Page 108/125*

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exercise physiology, an  
MS in physical therapy,  
... [View All News >](#)

LATEST PRODUCTS\_  
Trail Guide to the Body  
6th ...

Tom Myers; Meet the  
Teaching Assistants;  
Fascia. Tensegrity; Apply  
to ATSI (KMI) Apply to  
ATSI (KMI) Structural  
Strategies Application;

*Page 109/125*

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News; Contact; About. A Brief History of Anatomy Trains . Tom says: “ I developed the Anatomy Trains during the 1990 ’ s, as a game for students to play when I was teaching Fascial Anatomy at the Rolf Institute. I was inspired by Ida Rolf, and have been ...

In addition to Tom Myers ’ writing, we offer

*Page 110/125*

*anatomy-trains-tom-myers*

new books related to fascia in sport and performance, the new biomechanics, and a broad selection of literature that relates to the Anatomy Trains myofascial meridians concept. Whether you are experienced in Structural Integration or a health professional looking to expand your understanding of fascial

*Page 111/125*

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fitness, our books are a  
valuable resource for ...

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Connections: An ...~~

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using Pilates-evolved  
movement, anatomy  
trains in horses and dogs,

*Page 112/125*

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and the updated fascial compendium on elements, properties, neurology, and origins of the fascial system. This new edition also features an enhanced eBook format included with purchase as ...

What the students of medical sciences need are the books which

are comprehensive and accessible in their approach and one of the finest examples is Anatomy Trains written by Thomas W. Myers. The book originally got published in 2001 and takes 280 pages to completely explain all the concepts of the

*Page 114/125*

*anatomy-trains-tom-myers*

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system in a  
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Being one of the  
demanded books,  
you might ...

~~About Tom Myers –  
Background &  
History | Anatomy  
Trains~~

Tom Myers to  
present at Australian

*Page 115/125*

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Fascia Symposium.  
September 17, 2020  
by Anatomy Trains.  
Anatomy Trains is  
thrilled to announce  
that Tom Myers will  
now be presenting as  
part of the online  
Australian Fascia  
Symposium,  
September 18-20!  
The Australian Fascia

*Page 116/125*

*anatomy-trains-tom-myers*

Symposium is an  
online event where  
leaders in fascial  
research and  
applications present  
...

Counteracting Your  
Digital Obsession -  
Unwinding your  
Neuromyofascial Web

*Page 117/125*

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Long hours in chairs, in  
contact with screens,  
produces predictable  
patterns in our...

~~About Anatomy~~

~~Trains Anatomy Trains~~

~~EMAGAZINE~~

~~Anatomy Trains~~

~~Anatomy Trains Books~~

~~for Sale | Fascial Health~~

~~Literature~~

# Anatomy Trains

*Page 118/125*

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champions a wider  
scope of the body  
and its movement  
systems. Gray Cook  
MSPT, OSPT, CSCS,  
Developer of the  
Functional  
Movement Screen  
Tom Myers'  
masterful second  
edition of Anatomy  
Trains incorporates

*Page 119/125*

*anatomy-trains-tom-myers*

the most recent  
scientific concepts  
into a framework for  
understanding and  
practicing deep tissue  
work. Readers will  
gain insight ...

Tom Myers'  
masterful second  
edition of *Anatomy  
Trains* incorporates  
the most recent

*Page 120/125*

*anatomy-trains-tom-myers*



scientific concepts into a framework for understanding and practicing deep tissue work. Readers will gain insight into both basic and clinical research issues, how the science could influence clinical practice, and vice versa. Completely

*Page 121/125*

redone illustrations  
show anatomy from  
the cellular to the  
whole body level ...  
Essentially Anatomy  
Trains in Motion is  
an anatomy course in  
which you will  
increase your depth  
of knowledge and  
gain a new  
perspective of

*Page 122/125*

*anatomy-trains-tom-myers*

Thomas W. Myers ' Anatomy Trains concept in relation to body-minded movement. The course is filled with functional anatomy, movement relevant information and practical applications that not only sound good on paper, but

*Page 123/125*

*anatomy-trains-tom-myers*

also work well in real  
life. Slings ...

Home / About

Anatomy Trains /

About Tom Myers.

About Tom Myers

HEART AND

SOUL. I have been so

very fortunate to be

involved with

bodywork – making

a living through

*Page 124/125*

*anatomy-trains-tom-myers*

touching people with  
the intent to create  
progressive change  
toward balance —  
since 1974, now 43  
years ago. After so  
long, I ' m grateful to  
be invited to share a  
few of its lessons.  
(Actually, it reaches  
back further in my life

...

*Page 125/125*

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