



Anatomy Trains® – Advanced Course

Fascial Release for Structural Balance Series (FRSB)

The Breath – Anatomy and Therapeutics

Fascial Release *e for* Structu ral Balanc e

This series, based on the book of the same name, is a set of intensive soft-tissue technique courses, divided into functional regions. Each course thoroughly conveys 15 – 20 technique ‘templates’ designed for versatile application for the different patterns your clients bring to you. The courses fully explain the intent and scope of each move. Come out of these courses with new tools for soft-tissue release.

Each class includes:

- **Relevant anatomy** for the area – short intensive and integrated presentations assemble the best figures from multiple sources, including brand new learning tools such as video of fascial dissections and palpation of the relevant structures to convey the information in an inspiring and understandable fashion.
- **Body Reading** (visual assessment) - the common postural and movement implications – how to see and ‘read’ them in the intricacy of individual patterns
- **Fascial Release Techniques** – each technique is fully laid out for intent and ‘feel’, with plenty of time for practice, ensuring that you can apply these methods immediately in your practice.



Learning Objectives:

- Students will be able to palpate, assess and treat various areas of the body, based on the regional focus of the course
- Students will understand the biomechanical implications of fascial anatomy at a more advanced level
- Students will enhance their skills in myofascial release, palpation, and postural assessment

The workshops can be taken in any order. It is not required but strongly recommended that you have first attended either an Anatomy Trains or BodyReading™ weekend, or have at least read the book and are familiar with the concepts and terminology of the Anatomy Trains.

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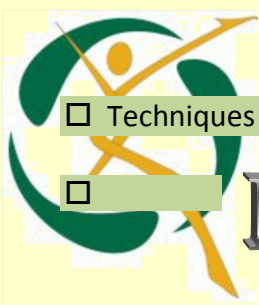
This course focuses on ribcage and thoracic spine mechanics, and includes:

- The anatomy and physiology of the breath
- Various therapeutic views of the ‘normal’ breath



□ Techniques for abdominal fasciae, ribs, vertebral rib joints, and mediastinal visceral tissues, scalenes, and lumbar muscles

□ Techniques for facilitation of the 'breath wave' into the front, back, and sides, as well as into each 'quadrant' of the rib cage.



Kinesis, Inc.

The Breath – Anatomy and Therapeutics

קורס מתקדם זה מתרכז במכניקה של בית החזה ועמוד השדרה, וכולל:



- אנטומיה ופיזיולוגיה של הנשימה
- מבטים שונים על נשימה "נורמטיבי"
- טכניקות טיפול ב-:
 - פאסציה של הבטן
 - מפרקי הצלע-חוליה (CVJ)
 - רקמות הוויסצרליות של המיצר
 - שרירי הסקלני (scalenes)
 - שרירי הגב המתני
- טכניקות המאפשרות "גל הנשימה" אל הגוף הקדמי, האחורי והצדדי, וכמו כן כל רביע של בית החזה

פרטי הקורס

מועד:	21/05/2014	יום ד' 08:00 – 17:00
	22/05/2014	יום ה' 08:00 – 17:00

מקום: המרכז הרפואי **אסף הרופא**, בניין 109 (ביה"ס לפיזיותרפיה)

דמי הקורס: 1,500 ₪ (עד 18/04/2014 – הרשמה מוקדמת)
1,800 ₪ (הרשמה רגילה)

השתתפות בקורס מוגבלת לבוגרי קורס בסיסי של "רכבות האנטומיה" *Anatomy Trains*[®]