

ANATOMY TRAINS®



Facilitator

-JAMES EARLS-

Fascial Release for Structural Balance Series – Arches & Legs.

Date : 28th & 29th October 2014 (Tue & Wed)

Time : 8.30am - 5 pm

Organizer : Pantai Integrated Rehab Services Sdn Bhd
 Venue : Pantai Hospital Ampang (Physiotherapy Dept)
 Ground Floor, Jalan Perubatan 1, Pandan Indah,
 55100 Kuala Lumpur Malaysia

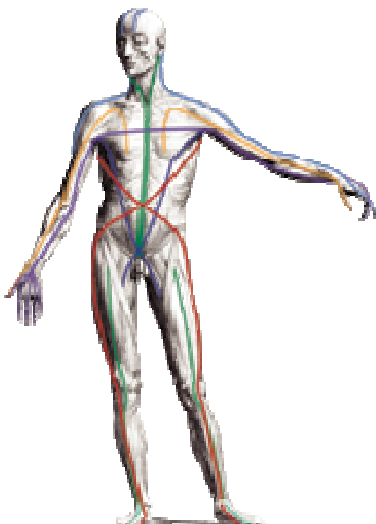


James Earls is a writer, lecturer and bodyworker specialising in Myofascial Release and Structural Integration. Increasing the understanding and practice of manual therapy has been a passion of James' since he first started practicing bodywork over 20 years ago. Throughout his career James has travelled widely to learn from the best educators in his field, including Thomas Myers, developer of the Anatomy Trains concept. James and Tom founded Kinesis UK, which co-ordinates Anatomy Trains and Kinesis Myofascial Integration training throughout Europe, and together they authored 'Fascial Release for Structural Balance,' the definitive guide to the assessment and manipulation of fascial patterns.

James teaches a range of courses across the UK and Europe as the Director of Kinesis UK, and is also a regular lecturer at conferences and workshops around the world. Renowned for his relaxed and humourous style, James is a popular presenter whose subject is applicable for a wide-ranging audience that includes osteopaths, physiotherapists, massage therapists and movement therapists, and is in demand from the Sports Medicine departments of Premiership Football and Premier League Rugby teams. James has collaborated with some of the top researchers in bodywork and fascial theory including Art Riggs and Robert Schleip, and is now involved in a number of projects involving research into fascia, movement and treatment modalities. He is also the founder and Director of Ultimate Massage Solutions, one of the UK's most prestigious providers of professional literature and workshops in the bodywork field.

Course / Workshop / Training	Tuition	*Discount
<p><u>Fascial Release for Structural Balance Series – Arches & Legs</u></p> <p>2 Days Course 28th & 29th October 2014</p> <p><i>*prerequisite – AT/BR</i></p>	<p>RM</p>	<p>MYR2750</p> <p>Register and pay by 30th August 2014</p>

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For further enquiries please do not hesitate to email:

Contact Person

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For more information visit:

www.anatomytrains.com

ANATOMY TRAINS®

For further details:

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Tel: +603-4291 1203 / Fax: +603-4291 1201

Fascial Release for Structural Balance – Arches & Legs

Dates	28 th & 29 th October 2014
Location	Pantai Integrated Rehab Kuala Lumpur Malaysia
Venue	(Physiotherapy Dept) Pantai Hospital Ampang
Class Times	8.30am -5.00pm
Description	<p>FRSB Arches & Legs Workshop</p> <p>Descriptor</p> <p>Based on the recently released book of the same title, the Fascial Release for Structural Balance (FRSB) series is a short intensive course limited to specific anatomy and heavy on manual soft--tissue technique.</p> <p>Each course focuses on 15 – 20 core ‘templates’ for technique, which can be applied in different ways for different patterns in your clients. We will teach you the relevant structural anatomy for the area and the common postural and movement implications around each of them. The short lectures utilize many new and previously unseen teaching resources to illustrate the information in a fun, exciting and, most importantly, understandable fashion.</p> <p>The courses fully explain the intent and scope of each technique and will give you plenty of time to master it and experiment with the many possible variations. We will ensure that you can apply these very effective ideas and execute them in your treatments the following day.</p> <p>The workshops can be taken in any order once you have first attended the Anatomy Trains and Anatomy Trains II workshops but we recommend them in the order they appear.</p> <p>Objectives</p> <p>To teach functional and structural regional anatomy that will build into a full body picture of how body operates as both local and as a global tensegrity structure.</p> <p>The main focus of the series will be to create a modern approach to Bodywork incorporating appropriate techniques according to the tissue type and the apparent dysfunction. The main emphasis will be with Fascial Release Techniques along with Structural and Functional Assessments, to ensure a modern, individual and accurate treatment plan is created.</p>

FRSB Arches & Legs Workshop

In This Workshop Learn

- How to differentiate your analysis of the foot and legs from the rest of the mechanical chain, giving an accurate reading of their skeletal relationships
- How to assess and then provide good foot and leg support through the three (or four) arches of the foot
- How the arches act in walking and standing and their relationship to the pelvis and the AT lines
- How to balance the support the arches receive from the long muscles of the calf.
- Effective strategies to unwind rotational compensations in the foot, the tibia---fibula complex and the knee.
- Learn how the structures of the knee and thigh co---operate to achieve this and learn to recognize some of the structural dysfunctions that can occur.
- BodyRead the various imbalances which can occur
- Learn to balance the very common rotation patterns at the knee
- Practice effective techniques for working with septa and affecting into the joint capsules
- Use your touch to address the periosteum surrounding the knee

Learning Environment:

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

Teacher(s) James Earls

*Pantai Integrated Rehab
Ground Floor Physiotherapy Department
Pantai Hospital Ampang
(Formerly known as Hospital Pantai Indah)
Jalan Perubatan 1, Pandan Indah
55100 Kuala Lumpur*

Tel: +603-4291 1203 / Fax: +603-4291 1201



Registration Form

28th & 29th October 2014 Fascial Release for Structural Balance Series –Arches & Legs

Date : _____

Name : Mr [] / Ms [] _____
First Family

Date of birth : dd/mm/yyyy ____/____/____

Tel /Hp : _____

Fax : _____

E-mail : _____

Address 1 : _____

City : _____ Country : _____

- Full payment for *Early Bird Discount (Before or by 30th August 2014)**
- Normal Tuition Fee**

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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
Swift Code : CIBBMYKL
- 6) Cancellation/Refunds
 - i. Deposits paid are not refundable unless the course/ workshop for which the deposit was paid, is cancelled.
 - ii. All Payments are made Payable to Pantai Integrated Rehab Services Sdn Bhd
 - iii. Mailing address :
Pantai Integrated Rehab Services, Corporate Office
 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 as in Certificate : _____

Signature : _____

Date : _____