

## ANATOMY TRAINS MYOFASCIAL MERIDIANS%0A

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Anatomy Trains leads to new holistic strategies for health professionals, movement teachers, and athletes to resolve complex postural and movement patterns.

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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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Anatomy Trains 'Myofascial Meridians' The book enters into the functional relationships of the muscle fascial chains. For easy understanding, the author uses the metaphor of rails and railway lines, which must correspond with each other.

**Anatomy Trains, Les m ridiens myofasciaux en th rapie manuelle.**

Thomas Myers, l'auteur du best-seller pour les kin sith rapeutes et les ost opathes, pr sente la 1ere traduction Fran aise de son livre Anatomy Trains Cette

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**technique - Anatomy Trains**

the Anatomy Trains lines, let us now explore BodyReading the shoulders and arms. The shoulders involve not one, but six myofascial meridians. Our highly mobile shoulders move and shift position in a wide variety of ways relative to the ribs and neck, contributing to strain and pain patterns that include everything from headaches to compensations in the low back and even the legs. With such

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