

Tom Myers - Technique Series Spiral Line

Fascial Plane and Myofascial Release Techniques presented as an integrated series of techniques for each of the Anatomy Trains Lines! There are eight videos, which 'illustrate' Chapter's 3 through 9 of the Anatomy Trains book. The techniques are demonstrated by Tom in a small-class, mentoring-type situation, with the student's questions, Tom's corrections, and client feedback all contributing to your being able to apply these techniques with ease and confidence.

Spiral Line illustrates chapter 6 of the Anatomy Trains book. You'll have instant access to the Spiral Line anatomy, issues and patterns, fascial release techniques, and Tom's comments & corrections.