

Tom Myers - The Pelvis, Neck and Breath Bundle

Easing the Neck, Opening the Breath, Balancing the Pelvis – 10+ hours of quality instruction from Tom Myers, author of Anatomy Trains and bodyworker of 40 years' experience. Designed to complement each other, this series gives you a complete approach to the trunk dynamics – at a level of detail and comprehension that will expand your ability to work with complex and long-standing problems and patterns.

Proof Content

	1. Balancing the Pelvis Video.mp4			5.4 GB
	2. Easing the Neck Video.mp4			1,007.2 MB
	3. Opening the Breath Video.mp4			623.8 MB
	3. Quiz.pdf			937 KB
	2. Quiz.pdf			1022 KB
	1. Quiz.pdf			2.2 MB
	#Screenshot.pdf			195 KB