Thanks & Welcome to the webinar series

Approach BodyReading innocently - see what you see and work with that. It's as much an intuitive art as a science.

Your seeing skills will build with practice.

"Seeing is touch at a distance" - Dr Ida Rolf

BodyReading the Meridians
A Structural Approach

with Tom Myers, author of Anatomy Trains
director of Kinesis, Inc

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Fascial system
Neuro-muscular
Patterns
Symptoms
Skeletal system
Movement strategy

Patterns occur in the 'neuro-myo-fascial web'

• Your fascia is your richest sensory organ - you are 'feeling your fascia' much more than your muscles.
• There are many levels to 'movement' in your brain
• Patterning occurs for biomechanical, traumatic, emotional, and psycho-social reasons

The Path to Structural Compensation

Experimentation becomes gesture. → Posture becomes structure.

Structural Compensation → Gesture becomes habit.

Habit becomes posture.

The Golden Rule: The body responds to demand.
BodyReading Caveats

- BodyReading tells you more about what you don’t have to do than it tells you what to do.

- Postural compensation is just one possible indication of dysfunction - test, look, work, test.

- Symmetry is a false virtue; ‘midwifing’ the unfolding story is the ultimate goal.

- Aspects of somato-emotional ‘attitude’ are revealed in BodyReading.

- Be careful what you say to clients - some want to hear, some don’t.

- Looks good, right?

BodyReading:

- It has to be holistic - about relativity & relationship - not just biomechanics

Strong, upright, toned and ready
But if we build her posture from her rib cage, we see just how the soft-tissue has to be patterned. Tight 'extensor coxae brevis', short scalenes, dysfunctional relationship between the lumbar and the legs.

**BodyReading Terminology**

- **Tilt**: A body part leans off the vertical or horizontal relative to another part
- **Bend**: A series of tilts in the spine
- **Rotate**: A right / left (or medial / lateral) deviation in the horizontal plane
- **Shift**: A misalignment of the centers of gravity of body weights

**Tilt #1**

- 'Normal' Anterior tilt of the pelvis
- Anterior tilt of the pelvis: Pelvis is anterior relative to the ground but posterior relative to the femur

**Tilt & bend**

- Right side tilt of ribs and shoulder girdle
- Right bend of lumbar spine
- Left side tilt of the pelvis

**Rotation**

- What happens to the front?

**Shift**

- Posterior shift of the ribs on the pelvis
- Right shift of the ribs on the pelvis
Getting started:

- What’s your first impression?
- What are three good aspects? (What are the client’s resources?)
- How are the parts arranged? (Tilt, bend, rotation, and shift)

Thanks for tuning in!

For the Anatomy Trains book, our new Fascial Release Technique book, or our ‘Tensegriteach’ kit

or for DVD’s on:

- Fascial Release Technique
- BodyReading 101
- Anatomy Trains Revealed! - Fascial dissection video atlas