

Anatomy Trains

Presenter: Carrie Gaynor, RN

November 14, 15 & 16, 2008 (Friday, Saturday & Sunday)

Time: 9:30 a.m. - 5:30 p.m.

Cost: \$350 Registration and deposit due 1 month prior to workshop
(\$395 after September 15th) **21 hours continuing education**

Want to learn how to get to the source of a problem? Would you like to create more balance in your clients?

Back by popular request! **“Carrie Gaynor is an excellent instructor– knowledgeable, intuitive, and skilled. I highly recommend this workshop! The Anatomy Trains material is invaluable in my practice and in the classroom.”** *Stefanie van Gulden Hoover, CMT, and Instructor*

Anatomy Trains is a revolutionary new way of looking at the body developed by author and Rolfer, Tom Myers. The Anatomy Trains method is most effective for chronic, long-lasting problems that persist despite standard, muscular-based bodywork.

In this Anatomy Trains intensive you will:

- *Understand the nature of the fascial web
- *Learn how the fascial web is organized into 12 simple Anatomy Trains
- *Learn how these Anatomy Trains relate pain far from the problem
- *Build skills in “body reading”these global patterns in posture and movement
- *Learn to interpret client posture patterns to find the source of their problem
- *Develop strategies for resolving these patterns once detected
- *Learn myofascial release techniques for lengthening and releasing locked tissue.

Carrie Gaynor is a KMI Structural Integrationist, Yoga teacher/therapist, and educator, as well as a registered nurse. She is a certified Anatomy Trains Teacher and is part of the KMI training team. In her experience, KMI work has a profound place in the conversation of approaches to unwinding physical restrictions. It is through this physical freedom/ integration that people desiring higher levels of self knowledge and self expression can dive deeply. Carrie has spent many years in study of Yoga with Victor van Kooten and Angela Farmer (Yoga from Inside Out), Leslie Kaminoff (Breath Centered Yoga) and most recently began study with Martha Hamilton (Kali Ray Tri Yoga. Carrie has found that the Anatomy Trains vision manifests naturally in Yoga Asana.–it is a natural bridge to deepen both the experience and understanding of anatomy, not only with the intellect but through visualization and mindful exploration. Carrie co-directs ABSOLUTE Yoga & Wellness with her husband, Mark Sandler (www.absoluteyoga.info) in Rochester and Fairport, New York, where she also maintains a private KMI practice.

