



May 2008

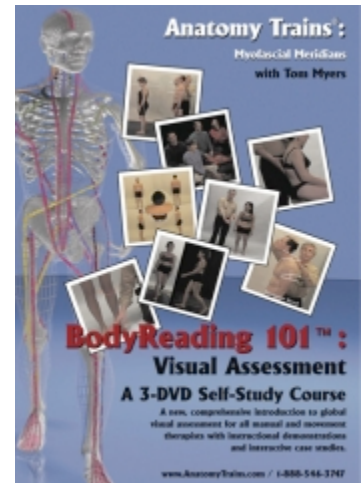
New Products from Tom Myers and Kinesis

BodyReading 101™ **The First Visual Assessment DVD Self-Study Course.**

This unique new DVD set is ideal for manual practitioners such as chiropractors, massage therapists, and osteopaths, as well as movement therapists such as Feldenkrais® practitioners, personal trainers, Pilates and yoga teachers, or anyone who wants to gain a deeper understanding of postural issues and develop strategies for unwinding strain patterns.

Prompted by increased demand within and outside the 'bodywork and massage therapy' community, Thomas Myers shares his secrets on visual analysis, learned from Ida Rolf and based on more than 30 years of studying and working with the human body. He has assembled a fun, unique and highly applicable step-by-step process for developing visual analysis skills that can make an immediate difference in how practitioners approach their clients based on posture. "Bodyreading is an art, but it is also a skill set," says Thomas Myers, director of Kinesis, Inc. "Oftentimes, the 'key' to strain patterns that lead to pain patterns occurs at some distance from the site of injury. From reading the relative position of the skeleton, to seeing the soft-tissue involved in creating the position, my students will learn to identify the tilts, shifts, bends, rotations, and soft-tissue restraints of suboptimal postures, and develop strategies for applying these skills in manual and movement therapies. Upon viewing this DVD, you will never again be bored at an airport!" [The Kinesis BodyReading 101](#) three-DVD set offers more than thirty practice client examples for standing posture, and twelve for gait analysis, as well as sections on assessing breathing and seated posture. These sections allow viewers to test their observations before hearing Myers' 'expert' opinion and suggestions for addressing the issues.

Special introductory offer: \$99.95 (until June 1)



The new BodyReading 101™
three-DVD set, along with all of
Tom's other instructional
products, can be ordered from
his online [store](#).

[Available in our online store.](#)



"Strolling Under the Skin" Living Fascia DVD Promenade sous la peau

Dr. Jean Claude Guimberteau is a hand plastic surgeon whose microscopic images of fascial structures transfixed the audience at the Fascial Research Conference in Boston in October 2007. About his work, Dr. Guimberteau says on his website, "the world lying beneath the skin remains to be discovered... the relationships between the organic structures and how they slide together are poorly understood."

Fascia remains "...to be discovered also by the layman, who will come upon a world of colors, changing structures, a world constantly adapting, whose ultimate goal is to provide flexibility, allow movement and maintain equilibrium."

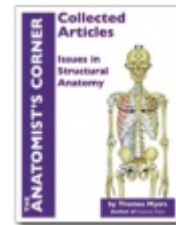
This 28 minute video is interest to practitioners and laymen alike. The former will be enthralled at seeing images of living fascia and the latter can appreciate its enigmatic beauty.

[Available in our store now for \\$60.00](#)

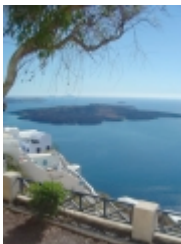
[Dr. Guimberteau's website.](#)

In case you missed it...

In January we introduced **The Anatomist's Corner**, a compilation of articles written by Tom Myers that appeared in *Massage and Bodywork* from 2003 to 2005. This collection of informative and engaging articles, with terrific color illustrations by Andrew Massie, are for the beginner as well as the seasoned practitioner alike.



[Available in our store for \\$59.95.](#)



There's still time to retreat to the Aegean Sea

June 8-14, 2008

Join Tom Myers and CORE Institute Director George Kousaleos for a weeklong retreat in Santorini, Greece. Tom will present a view of the Rolf recipe through the lens of developmental movement while George will discuss myofascial therapy protocols of the pelvis and spine.

[More details...](#)

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