

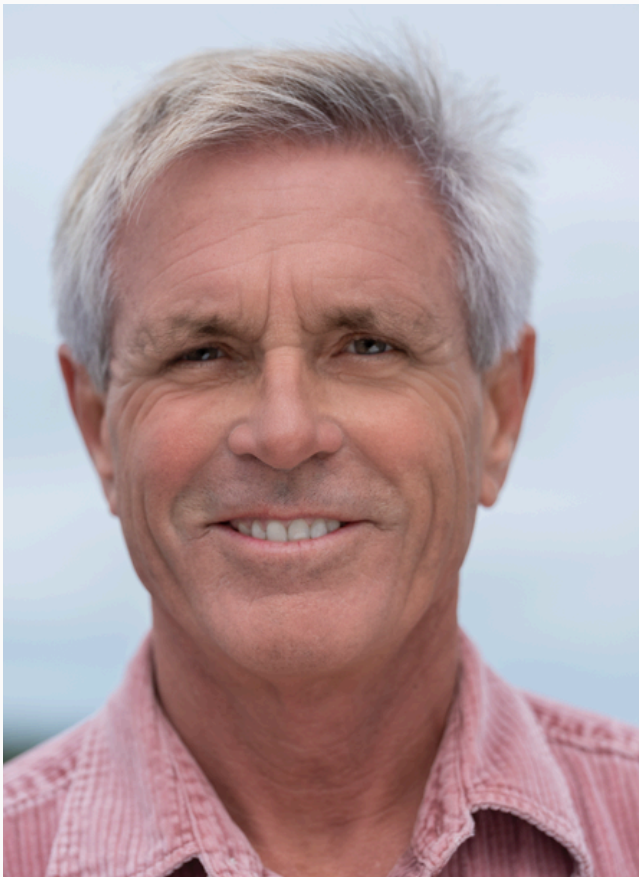
*Anatomy Trains and Artemis Movement
present*

FREEING THE PELVIS
WITH TOM MYERS

Barbados

30th January - 1st February,
2026

Tom Myers is a world-renowned pioneer in the field of manual and movement therapy, best known as the developer of Anatomy Trains, the revolutionary concept of interconnected myofascial meridians that maps the body's entire structure. A dedicated practitioner, author, and educator, Tom has spent over 40 years integrating various disciplines, including Rolfing, osteopathy, and movement education, into a comprehensive, holistic approach to the body's structure and function. His work provides practitioners, including those at Artemis Movement, with an invaluable framework for understanding posture, movement, and pain patterns, making him one of the most respected and influential voices in human movement science today.



"Tom's ability to make complex anatomical concepts immediately accessible transforms how practitioners understand and work with the body," says Christy Punnett, Founder of Artemis Movement. "Hosting this work in Barbados creates a unique environment for deep learning and integration."

Artemis Movement Studio is pleased to announce the return of renowned anatomist and Anatomy Trains author Tom Myers for a specialized three-day intensive, "Freeing The Pelvis," taking place January 30 - February 1, 2026 in Barbados.

Following the success of Myers' inaugural visit to the island earlier this year—which drew practitioners from New Zealand, Spain, and across the Americas—this focused course offers a detailed kinaesthetic exploration of the human hip, examining posture and gait through both biomechanical and emotional lenses.

The intensive is designed for manual and movement therapists, psychologists, and wellness practitioners seeking to expand their understanding of the pelvis as both structure and story. Myers' innovative approach bridges technical precision with practical application, offering tools that translate directly to clinical and therapeutic settings.



Registration

Registration is now open with limited spaces available. Please sign up with the link below and email us at info@artemismovement.co if you have any questions. **<https://www.anatomytrains.com/product/freeing-the-pelvis-with-tom-myers/>**

Early Bird Pricing \$650 USD (till January 2nd 2026)



1 Clarke's Road, Derricks
St. James, Barbados

About Artemis Movement

Artemis Movement is a wellness studio based online with its flagship studio in Barbados, and is dedicated to advancing the understanding and application of integrated movement and body mechanics. Founded by Christy Punnett, Artemis creates space for practitioners to explore movement, anatomy, and consciousness through embodied practice and somatic education. We provide a specialized platform for integrating the latest scientific insights with proven therapeutic techniques, including the work of pioneers like Tom Myers.



Contact Us

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Barbados Contact

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