



Fascial Release for Structural Balance

By Thomas Myers, James Earls

Download now

Read Online →

Fascial Release for Structural Balance By Thomas Myers, James Earls

Fascia, the soft tissue surrounding muscles, bones, and organs, plays a crucial role in supporting the body. By learning to intelligently manipulate it, a bodyworker or therapist can help clients with many chronic conditions, providing immediate pain relief as well as reducing ongoing aches and pains. In *Fascial Release for Structural Balance*, authors James Earls and Thomas Meyers—both respected bodywork professionals—argue that approaching the fascia requires “a different eye, a different touch, and tissue-specific techniques.” Designed for any bodywork practitioner using manual therapy, including physiotherapists, osteopaths, chiropractors, myofascial and trigger point therapists, and massage therapists, this book offers a detailed introduction to structural anatomy and fascial release therapy, including postural analysis, complete technique descriptions, and the art of proper assessment of a patient through “bodyreading.” Featuring 150 black-and-white photographs, *Fascial Release for Structural Balance* provides the information therapists need to give effective treatments and create long-lasting, systemic change in clients’ shape and structure.

↓ [Download Fascial Release for Structural Balance ...pdf](#)

📄 [Read Online Fascial Release for Structural Balance ...pdf](#)

Fascial Release for Structural Balance

By Thomas Myers, James Earls

Fascial Release for Structural Balance By Thomas Myers, James Earls

Fascia, the soft tissue surrounding muscles, bones, and organs, plays a crucial role in supporting the body. By learning to intelligently manipulate it, a bodyworker or therapist can help clients with many chronic conditions, providing immediate pain relief as well as reducing ongoing aches and pains. In *Fascial Release for Structural Balance*, authors James Earls and Thomas Meyers—both respected bodywork professionals—argue that approaching the fascia requires “a different eye, a different touch, and tissue-specific techniques.” Designed for any bodywork practitioner using manual therapy, including physiotherapists, osteopaths, chiropractors, myofascial and trigger point therapists, and massage therapists, this book offers a detailed introduction to structural anatomy and fascial release therapy, including postural analysis, complete technique descriptions, and the art of proper assessment of a patient through “bodyreading.” Featuring 150 black-and-white photographs, *Fascial Release for Structural Balance* provides the information therapists need to give effective treatments and create long-lasting, systemic change in clients’ shape and structure.

Fascial Release for Structural Balance By Thomas Myers, James Earls Bibliography

- Sales Rank: #290443 in Books
- Brand: Brand: North Atlantic Books
- Published on: 2010-11-09
- Released on: 2010-11-09
- Original language: English
- Number of items: 1
- Dimensions: 10.80" h x .56" w x 8.35" l, 2.17 pounds
- Binding: Paperback
- 288 pages

 [Download Fascial Release for Structural Balance ...pdf](#)

 [Read Online Fascial Release for Structural Balance ...pdf](#)

Download and Read Free Online Fascial Release for Structural Balance By Thomas Myers, James Earls

Editorial Review

Review

“What a great idea to combine James Earls’ expertise and philosophy with Tom Myers’ classic contributions to structural bodywork. This is the long-awaited expansion of the *Anatomy Trains* theoretical concepts into a clearly written, functional ‘how to’ manual that is a must-read textbook for all bodyworkers of all ranges of experience – not just structural integrators.”

—Art Riggs, Certified Advanced Rolfer® and massage therapist, author of *Deep Tissue Massage: A Visual Guide to Therapy Techniques*

“Fascial release has never been made more understandable and achievable – a well illustrated and excellent read.”

—Leon Chaitow, ND, DO, Honorary Fellow, University of Westminster, London
Editor-in-Chief, *Journal of Bodywork & Movement Therapies*

“This book is a thorough and refreshing approach to regional fascial release technique.”

—Erik Dalton, PhD, author of *Myoskeletal Alignment Techniques®*

“With a wonderful blend of art and science, this text brings together many aspects of structural change grounded in anatomical precision. It lets you see the relationships surrounding the body and how they link to produce the various patterns you will see in your clients, equally importantly, it gives you the strategies to address them.”

—Robert Schleip, PhD, MA, Director of Fascia Research Project, Institute of Applied Physiology, Ulm University. Research Director of the European Rolfing Association

About the Author

James Earls is the director of Ultimate Massage and Kinesis UK. He practices Structural Integration and massage therapy in Belfast, Northern Ireland, where he lives.

Thomas Myers has practiced integrative structural therapy for over 30 years in a variety of clinical and cultural settings. The author of the acclaimed bodywork guide *Anatomy Trains* and coauthor of *The Concise Book of the Moving Body*, he lives in Maine.

Users Review

From reader reviews:

Floretta Simmons:

Book is to be different for each and every grade. Book for children until adult are different content. As it is known to us that book is very important for people. The book Fascial Release for Structural Balance was making you to know about other understanding and of course you can take more information. It is very advantages for you. The reserve Fascial Release for Structural Balance is not only giving you much more

new information but also to be your friend when you feel bored. You can spend your spend time to read your book. Try to make relationship with the book Fascial Release for Structural Balance. You never feel lose out for everything should you read some books.

Princess Bequette:

Now a day people who Living in the era exactly where everything reachable by talk with the internet and the resources inside it can be true or not require people to be aware of each facts they get. How many people to be smart in acquiring any information nowadays? Of course the answer then is reading a book. Studying a book can help folks out of this uncertainty Information specifically this Fascial Release for Structural Balance book as this book offers you rich details and knowledge. Of course the information in this book hundred per-cent guarantees there is no doubt in it you probably know this.

Mary Cruz:

Hey guys, do you would like to finds a new book you just read? May be the book with the name Fascial Release for Structural Balance suitable to you? The particular book was written by well known writer in this era. The book untitled Fascial Release for Structural Balanceis one of several books in which everyone read now. This kind of book was inspired many people in the world. When you read this guide you will enter the new way of measuring that you ever know before. The author explained their thought in the simple way, and so all of people can easily to understand the core of this book. This book will give you a lots of information about this world now. So you can see the represented of the world with this book.

Michael Barth:

Spent a free time for you to be fun activity to try and do! A lot of people spent their free time with their family, or all their friends. Usually they accomplishing activity like watching television, gonna beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Might be reading a book is usually option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the book untitled Fascial Release for Structural Balance can be fine book to read. May be it is usually best activity to you.

**Download and Read Online Fascial Release for Structural Balance
By Thomas Myers, James Earls #02UVA6LYPK5**

Read Fascial Release for Structural Balance By Thomas Myers, James Earls for online ebook

Fascial Release for Structural Balance By Thomas Myers, James Earls Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Fascial Release for Structural Balance By Thomas Myers, James Earls books to read online.

Online Fascial Release for Structural Balance By Thomas Myers, James Earls ebook PDF download

Fascial Release for Structural Balance By Thomas Myers, James Earls Doc

Fascial Release for Structural Balance By Thomas Myers, James Earls Mobipocket

Fascial Release for Structural Balance By Thomas Myers, James Earls EPub

02UVA6LYPK5: Fascial Release for Structural Balance By Thomas Myers, James Earls