

AGENDA

ANATOMY LIVE EXPANDED

Please note, schedule is subject to change

June 8 - 10, 2018

With Tom Myers, Todd Garcia and Michol Dalcourt

Days 1 and 2 CADAVER DISSECTION	Day 3 MOVEMENT LAB
Laboratory of Anatomical Enlightenment 311 Mapleton Ave Boulder. CO 80304	RallySport Health & Fitness Club 2727 - 29th Street Boulder. CO 80301

DAY ONE: 8:30am - 5:00pm

1 hour - Movement - tissue layering palpation.

2 hours - Orientation to lab; lab safety procedures, practices; demonstration.

4 hours - Supervised dissection practice: dermis, hypodermis and fascia profundis.

DAY TWO: 9:00am - 5:00pm

1 hour - Responses to Day 1 lab; viewing fascia as continuities in situ.

3 hours - Fascia profundis dissection; superficial myofascial layers.

2 hours - Anatomy Trains dissection: Superficial Front and Back Lines.

2 hours - Anatomy Trains dissection demonstration: cavities and Deep Front Line.

DAY THREE: 9:00am - 5:00pm

3 hours - Normalizing Tissue Behaviour

- Foam rolling
- Restorative Poses with breath work
- Remedial stretches
- Ground-to-Standing drills
- Loaded Movement Training

2 hours - Enhancing Tensile Strength

- Positional lifting and shifting drills targeting *Anatomy Trains Lines*
- Ground-to-Standing strength

2 hours - 3D Tissue Elasticity

- Deceleration drills
- Acceleration drills
- Multi-directional Plyometrics
- Programming for tissue behaviour

COURSE FINISHES AT 5:00PM

