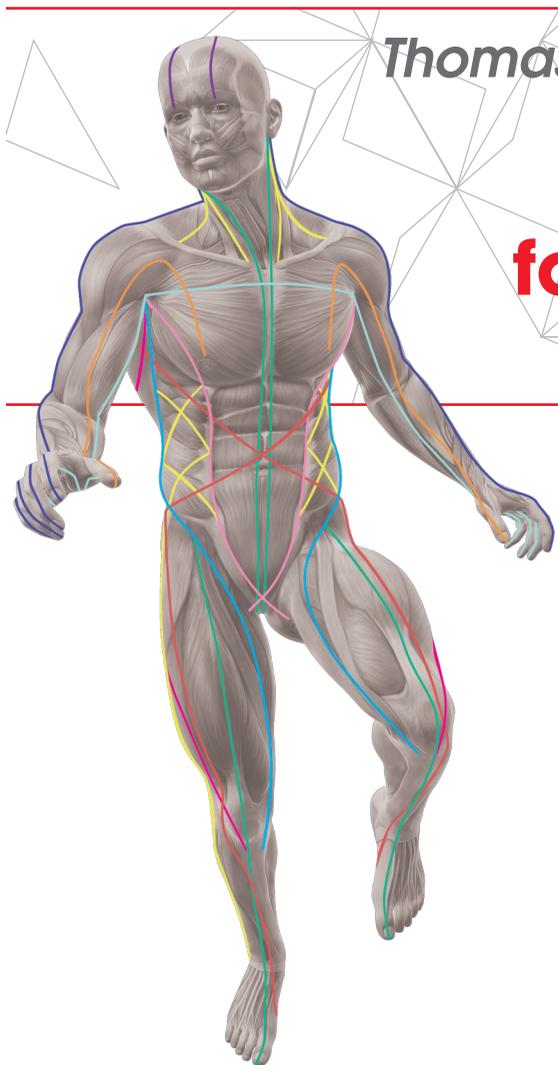


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ANATOMY  
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## for Movement Therapists

Presented by Laurice Nemetz

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- Understand basic properties and connected nature of fascia
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- Be able to identify the 12 myofascial meridians along which movement, tension and posture distortion travel
- Accurately “BodyRead” posture and movement; assess your clients in a new way
- Apply knowledge to construct alternate movement strategies to unwind observed patterns

*Anatomy Trains courses completely transform your view of myofascial anatomy and enable you to make distinct changes in your clients' movement patterns!*



**Lauri Nemetz** is a certified and registered experienced-level yoga teacher, Stott Pilates® certified instructor, a board-certified member of the Academy of Dance/Movement Therapists and a licensed creative arts therapist (psychotherapy).

She is a past president of the YTA (Yoga Teachers' Association) and has been a professor at Pace University since 2007. Lauri is a graduate of the Anatomy Trains® 200 hr. Body Language and of Leslie Kaminoff's Yoga Anatomy course. She has also published writings on movement therapy and yoga in several books and journals. In addition to teaching movement and anatomy and working as a therapist with a wide range of populations, Lauri leads yoga and kayaking trips on the Hudson river, in Canada and in Costa Rica. She lives in the Hudson Valley of NY with her husband and two amazing boys.

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