James Earls will talk about his recently published book «Born to Walk» and demonstrate exercises with new insight about movement pathologies. Learning new tools, being introduced to a fresh understanding and appreciation of movement complexities to use with clients and patients, will be the content of this evening.

Followed by a time for conversation with the author and book signing.

Born to Walk and the Anatomy Trains Material will be available to buy.

BORN TO WALK

In his recently published title, «Born to Walk», James puts forward an explanation for the role of the body’s myofascial tissues in creating grace and efficiency for our upright bipedal gait. Using Tom Myers «Anatomy Trains» as his model he demonstrates how the body is interconnected not only by the fascial tissues but also how each area is dependent on abilities of the others.

Outlining this series of «Essential Events» (movements that need to be present within joints) will be the main focus of this fun and interesting evening. Together we will explore the richness of our evolution, a possible reason for our upright stance and come to understand why the rhomboids are pronators of the feet, why the sternocleidomastoid is a hip flexor and why the flexor hallucis longus is a retractor of the head.

Using insightful exercises we will give you a new insight into the reasons why silent deficits may create movement pathologies elsewhere in the body and give you a few new tools to explore the wonderful world of movement with your clients with a fresh understanding and appreciation of its complexities.