

**OMT team members attend the Thomas Myers
'Anatomy Train' Courses.**

Attending a six day course was a real challenge for us all and sharing a wee house on the shores of Botany Bay was a bonus. **Tania Shaw (QLD), Gillian Desreaux (NSW) and I (Eleanor Oyston)** attended Thomas Myers Anatomy Trains (AT) courses in Sydney on the basic principles of AT and a Master Class on the upper body. Kate Butler took the Melbourne Master Class on the lower body.

The first three days were interesting as we were in a group of 120+. As we work alone, behind closed doors, in our working day the group size was challenging and the assistants were on a steep learning curve too. On the second three days the class reduced to 80+ and it felt quite intimate.

We met lovely therapists, had many hearty conversations and learnt a great deal. The techniques offered to us could be too deep for our client group however I have modified a few and the two clients I have worked with have experienced positive changes.

Thomas Myers did a treatment demonstration to conclude the workshops and it was a real privilege to watch the 'master' at work. Tom was kind and compassionate in his approach to the work and the emotional response of the receivers' body was very evident.

A fantastic course; a not to be missed chance to see the dedication of the person who could develop this vast body of work. I would like to have heard Tom express the emotional aspects of his understandings of the body but sadly that is in another course!

I would like to express my sincere thanks to Geoff and Karen Walker for their brave spirit in developing this unique experience for us all.

By **Eleanor Oyston (OMT National Program Director)**



Pictured L-R Geoff Walker, Eleanor Oyston, Tania Shaw, Gillian Desreaux, Thomas Myers



Pictured – Kate Butler at work

Like Eleanor, I was one in a room full of 100 people attending the Melbourne workshops, and I wondered how Thomas was ever going to deliver effectively to such a large group - but deliver he did! What a marvellous mix of science, heart, self-funded research, humour, and attention to detail! Thomas has spent 35 years observing, working with and learning from the physical manifestation of each client. I say manifestation because he frequently makes reference to the psycho-spiritual habits that emerge in us all. He believes that healing ought to be like a 3 legged stool - one leg for the psyche/soul, one leg for the body, and one leg for nutrition.

This is the man who paid \$10,000 for a 'fresh' cadaver (as fascia deteriorates so rapidly after death) in order to conduct his own dissection to trace the lines (trains) of tension that affect the way we move, and why we hurt or encounter limitation.

"Anatomy Trains" is all about growing into our potential, starting with the physical plane. His focus on fascia was inspiring, and highlights, yet again, how we urgently need to re-think about the body as a whole - not as a bunch of individual muscles. Everything is connected, and the visual footage of both the dissections and body-reading demonstrate this, time and again - with infinite and wonderful variation.

It was a privilege to witness his life's work, and to learn from such a tremendous presenter.

I am now so much more acutely aware of the causation of persistent body issues - chronic pain, and the psychological reasons for the way we are. Like Eleanor, I have been able to adapt some of the hands-on methods to marry with my own practise, and will refer to those practitioners locally who have travelled to the USA to learn how to apply the methods with a much greater expertise. 5 days still was just a 'taster'.

Brilliant stuff!! By **Kate Butler (OMT VIC Facilitator)**