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Sommario/riassunto	"Written in a clear and lucid style, Advanced Myofascial Techiques gives manual therapy practitioners (bodyworkers, structural integration practitioners, physio- and physical therapists, cranial practioners, massage therapists, osteopaths, acupuncturists, chiropractors, etc.) practical tools they can include in their existing work. Additionally, this series' blend of accessibility, clarity, and stunning illustrations will appeal to anyone who works with the body, including movement therapists, sports and conditioning trainers and coaches, Pilates and yoga instructors, and more. The material in these volumes is based on the Advannced Myofascial Techniques professional continuing education seminar and video series. Distinguished by its effectiveness, pragmatism, and accessibility, since 1985, more than 5,000 professional practitioners in over 20 countries have received in-person training from Til Luchau and the Advanced-Trainings.com faculty."--