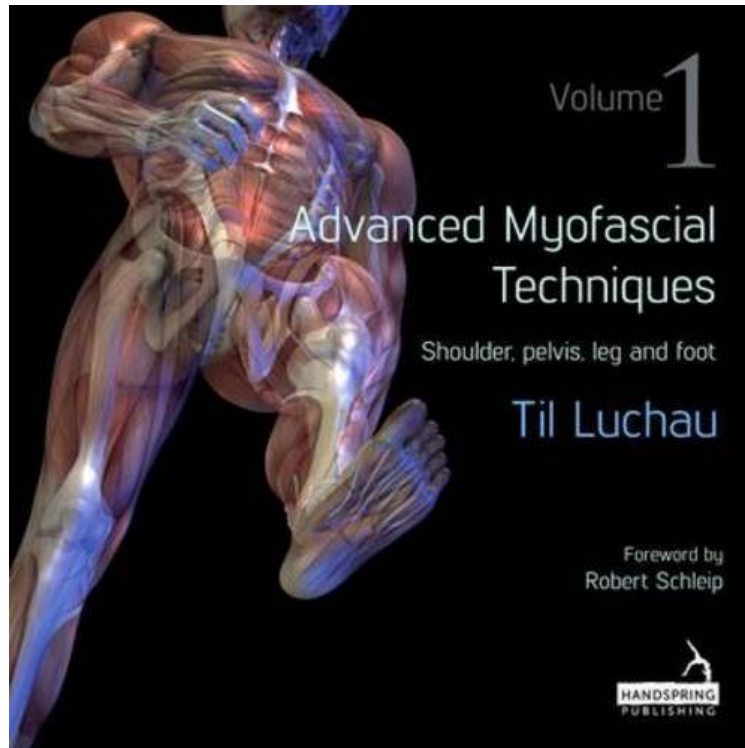


Advanced Myofascial Techniques, Vol. 1: Shoulder, Pelvis, Leg and Foot

Til Luchau

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A beautiful visual and narrative guide to a selection of unique hands-on myofascial techniques. Techniques are chosen for inclusion based on their relevance to the most common client complaints. Each chapter presents key considerations, anatomy overview, therapeutic goals, and cautions relevant to hands-on work.

About the Author The son of a mathematician and an artist, Til Luchau delights in combining the technical and the beautiful in his manual therapy articles, which have appeared in magazines and professional journals around the world.

A Certified Advanced Rolfer(R) and former Faculty Coordinator of the Rolf Institute's Foundations of Rolfing Structural Integration program, where in the early 1990's he originated Skillful Touch Bodywork (the Rolf Institute's own training and practice modality), his company (Advanced-Trainings.com) offers in-person and at-a-distance professional continuing education. Originally trained as a psychotherapist, Til's ability to connect interdisciplinary, big-picture ideas to practical, real-world applications has made his trainings popular worldwide.