

# Reading List

## Reading List

The following texts are required and will be used in the training:

Biel, Andrew **Trail Guide to the Body**

Clement, Carmine **Anatomy: A Regional Atlas of the Human Body**

Maupin, Ed **A Dynamic Relation to Gravity. Volumes I & II**

McHose, Frank, Godard **How Life Moves: Explorations in Meaning and Body Awareness**

Myers, Thomas **Anatomy Trains second edition**

Paoletti, Serge **The Fasciae: Anatomy, Dysfunction and Treatment**

Smith, John **Structural Bodywork: An introduction for students and bodyworkers**

Stanborough, Michael **Direct Release Myofascial Technique**

The following texts must be read before the training:

Rolf, Ida **Rolfing: Re-establishing the Natural Alignment and Structural Integration of the Human Body for Vitality and Well-Being**

Schleip, Robert **Fascial Plasticity – A New Neurobiological Explanation**

The following texts are highly recommended to read before the training:

Jeffrey Maitland **Spacious Body**

Ken Wilbur **A Brief History of Everything**