

FOR IMMEDIATE RELEASE

Aileron Wellness Academy Partners with Thomas Myers of Anatomy Trains to Launch Two New Workshops for the First Time in Singapore

Upholding the maxim of “continuous education” & “chasing the truth behind fitness training”, Aileron wellness Academy- the education arm of Singapore’s first knowledge-driven boutique gym, is holding two 2-day workshops with Thomas Myers – a certified teacher & best-selling author to target Fitness Professionals & Manual Therapists who seek the best in their Career.



Singapore, 10th January 2018 – Aileron Wellness Academy, recognized leader in bringing in renowned Fitness Presenters & educators from all over the world today announced the partnership with Anatomy Trains to launch two new workshops – “BodyReading® Master Class with Tom Myers” & “Resilience: Taking the Strain and Coming Back Stronger”. The workshops will be conducted by Thomas Myers himself, who is the originator & best-selling author of the Anatomy Trains Myofascial Meridians and producer of over 16 DVDs and webinars.

“Thomas Myers is a highly-regarded educator in his field and has 40 years of experience teaching integrative manual therapy. We are proud to be the first sponsor to work with Thomas Myers in Singapore. In doing so, we hope to make learning from experts accessible to the local and Asian community and improve the wellness and fitness industry in the region, which is about five years behind that of progressive countries like the USA and Australia, and hence has a big room for growth,” said Managing Director of Aileron Wellness, Keith Tan.

The two workshops will benefit all bodywork practitioners using manual therapy—including physiotherapists, osteopaths, chiropractors, myofascial and trigger point therapists, massage therapists as well as movement professionals – teachers of yoga, pilates, GYROTONIC®, and personal trainers.

With the fitness industry expanding rapidly and consumers becoming more savvy & inquisitive, Aileron Wellness believes that it is pivotal to raise the quality of health and fitness education in Singapore. Through their Aileron Wellness Academy platform, courses and workshops are provided regularly where fitness professionals can learn and gain new perspectives from experts both locally and abroad. These professionals can then fine-tune their craft and deliver better training programmes to their clients. Being known for their expertise, Aileron Wellness trainers are highly sought after to conduct train-the-trainer courses here and overseas.

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About BodyReading® Master Class with Tom Myers (March 20 – 21 2018)



“The art of seeing into someone is an old and intuitive one,” states Tom Myers, author of *BodyReading: Visual Assessment and the Anatomy Trains*. This Master Class offers an effective tool to map soft tissue patterns seen in bends, tilts, shifts, and rotations, and once the assessment is completed, how to create a strategy to shape the change

either through manual therapy or movement. This workshop covers:

- How the meridians can hold a postural pattern and be influenced by skeletal alignment
- Tensegrity
- Concentric and eccentric loading and the forces that shape our body
- Basic functional assessments to see what is moving, what isn't and what may be moving too much!
- How a local restriction can have a global impact
- How to document your findings

Bodyreading is useful for any bodywork practitioner using manual therapy—including physiotherapists, osteopaths, chiropractors, myofascial and trigger point therapists, and massage therapists. Bodyreading is also a great tool for movement professionals – teachers of yoga, pilates, GYROTONIC®, and personal trainers – providing the information needed to deliver effective treatments and programs to create long-lasting, systemic change in clients' shape and structure.

About Resilience: Taking the Strain & Coming back Stronger (March 22 – 23 2018)



No one lives a stress-free life. The question is: how to handle it in a health enhancing manner, rather than having it slowly break down your resilience. Resilience is a state of the body that reflects into your state of mind. New understandings of how the whole systems act and interact, gives people new methods of self-regulation and energy

management. This workshop is designed to build your own resilience, and help you recognize the signs of distress and growing resilience in your students, patients, or clients. Where is your shoe nailed to the floor? Deep grief, trauma, long illness, a constant frustration – all of these can sap your resilience. Structural, physiological, and psychological health are all related – and all work through elasticity and plasticity – in the nervous system, the chemical system, and the myofascial system. Using the breath, stretching, awareness meditation, and focused attention, we will explore the limits of the neural, biochemical, and fascial 'whole-body' systems: how to make stress work for you, what to do to lessen distress, increase balance, and have the most resilient system you can have. We've heard of IQ, and most of us have heard of EQ – Emotional Intelligence – but what about KQ – Physical Intelligence? Understand plasticity in the body on a global level to make the best use of our organismic responses to life situations. We will explore the questions and learn:

- What is the job of the nervous system? Neurological development, coordination, and alarm responses
- What are stress, distress, and 'eustress', and how can we use them?
- What are our biochemical limits? Slow poisoning and recognizing its chronic effects
- What happens in injury and recovery? The fascial system and various forms of remodeling tissue
- What happens in trauma? Breaking sensori-motor amnesia and reaching resolution
- How can we build resilience through movement, nutrition, and simple meditative practice?

Come away with a sense of bodily resilience, how to assess it in your clients, and put it to work in a bodywork or movement practice.

Rates

Each workshop will be available at SG\$1,690 from now till 16 February for Early Birds. Participants get to also enjoy a bundle rate for both workshops at SG\$2,950.

For participants who register after 16 Feb, a single workshop is available at SG\$1,870 and a bundle is rate is available at \$3,382.

For organisations who wish to participate through a group enrolment (min 5 pax), further preferential bundle rates are available at \$2,800 per participant.

To register, please visit www.aileron.com.sg

About Thomas Myers



Thomas Myers, LMT directs Anatomy Trains, which offers courses in manual therapy and the anatomy of movement worldwide. Tom is the author of Anatomy Trains (Elsevier 2001, 2009, 2014), Anatomist's Corner (Kinesis 2012), Body3 (Kinesis 2010), and co-author of Fascial Release for Structural Balance (North Atlantic 2010, 2016). Tom has authored numerous chapters and contributes frequently to trade magazine and journals. Tom has produced 16 DVDs and a dozen webinars for manual therapists and movement teachers. Tom speaks frequently on fascia, connected anatomy, and movement.

Tom is a certified Rolfer®, a member of the Health Advisory Board for Equinox Fitness, and has formerly been on the National Certification Board for Therapeutic Massage & Bodywork, as well as the Rolf Institute's Board of Directors. He studied directly with Drs Ida Rolf, Moshe Feldenkrais, and other luminaries of the bodywork world, and had successful practices in London, Germany, Italy, Australia, and various cities in the US.

Tom developed the Anatomy Trains myofascial meridians system from a combination of his practice and anatomy teaching to his students. This system, which connects the muscles into functional units through the fascial bio-fabric, has been taken up with enthusiasm by a variety of body-oriented practitioners from rehabilitation and performance enhancement.

About Aileron Wellness

Aileron Wellness is Singapore's first knowledge-driven boutique gym with a state-of-the-art training facility and certified trainers to help individuals break new grounds. It is Singapore's prime ground for health and fitness education, and a sanctuary for self-discovery and empowerment. Aileron Wellness stays at the forefront of the health and fitness sphere with unconventional methods and concepts of training developed with leading educators from around the world, ensuring effective and long-lasting results. Guided by the belief that wellness goes beyond skin-deep, Aileron Wellness brings to its clients an all-encompassing suite of knowledge to balance the body, mind and soul. The result is an elevated sense of well-being. For more information, visit www.aileron.com.sg.

About Aileron Wellness Academy

The Aileron Wellness Academy (AWA) was established with the objective of raising the quality of health and fitness training and education in Singapore to be on par with our counterparts in the United States and Australia, countries which are at the forefront of this field. The quest to attaining this goal starts from home – AWA trainers, through courses in Singapore and abroad, regularly learn from fitness experts to gain new perspectives, allowing them to fine-tune their craft and deliver better training programmes. Being known for their expertise, AWA trainers are highly-sought after to conduct train-the-trainer courses here and overseas. The AWA trainers spread their knowledge through a platform shared by more than 200 members from both Singapore and around the world.

Through this concerted effort to grow and connect knowledge, AWA will raise the bar of the health, wellness and fitness industry of the nation.