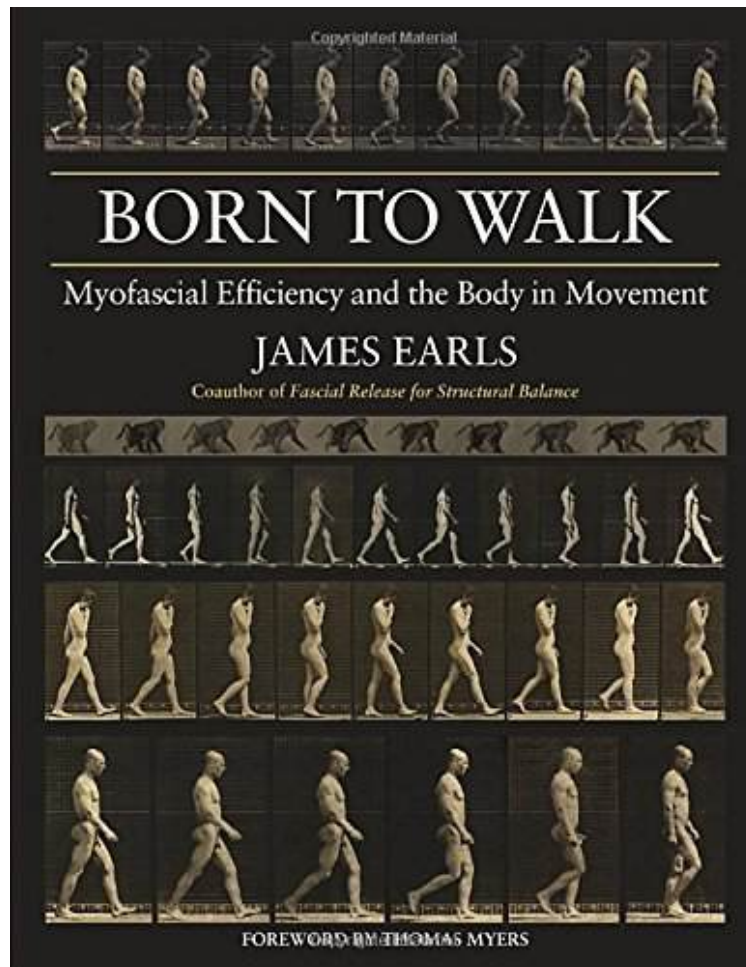


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# Born to Walk: Myofascial Efficiency and the Body in Movement

By James Earls

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**By James Earls : Born to Walk: Myofascial Efficiency and the Body in Movement** quote from james earl writer of born to walkmyofascial efficiency and the body in movement he said this at the conference quot;theres room in this world for massage staff members title; calli alexander hensley lmt 17535 calli attended oregon school of massage in august of 2010 she graduated Born to Walk: Myofascial Efficiency and the Body in Movement:

10 of 10 review helpful Good basic information By Kumarido Some reviewers said this book was too basic Well not for me because I am a yoga teacher not a physical therapist I read this book slowly and carefully I learned much important information about alignment and posture If you are not familiar with the names of muscles bones and where

they are located this can be a challenging read I was certainly better acquainted The ability to walk upright on two legs is one of the major traits that define us as humans yet scientists still aren't sure why we evolved to walk as we do In *Born to Walk* author James Earls explores the mystery of our evolution by describing in depth the mechanisms that allow us to be efficient in bipedal gait Viewing the whole body as an interconnected unit Earls explains how we can regain a flowing efficiency within our gait an efficiency which he argues About the Author JAMES EARLS is a writer lecturer and bodywork practitioner specializing in myofascial release and structural integration He is coauthor with Thomas Myers of *Fascial Release for Structural Balance* The director of Ultimate Massage Sol

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