



THE ASSOCIATION FOR
SOFT TISSUE THERAPISTS

CONFERENCE 2017

WORKSHOP



Owen Lewis

Owen benefited from a diverse range of experiences and qualifications. Following completion of a sports science degree he spent a year as a fitness instructor and personal trainer. He then returned to university for a master's diploma in sports psychology. A year in San Antonio Texas saw him playing and coaching basketball at a high level. Owen also has a sports massage qualification, has lectured in anatomy and physiology and at a number of universities with an enthusiasm and insight that is infectious with his students. He is also a certified structural integration practitioner from the KMI school and now teacher of Anatomy Trains across Europe.

Owen will demonstrate use of the Anatomy Trains map to maximise running performance and minimise injuries :

Take an integrated Anatomy Trains approach to tackling common running injuries.

Gain a detailed understanding of the interplay between structure and function.

Change your perception of running in this exciting and informative session.