

Recommended Reading & Study

The Complete Anatomy '21 app

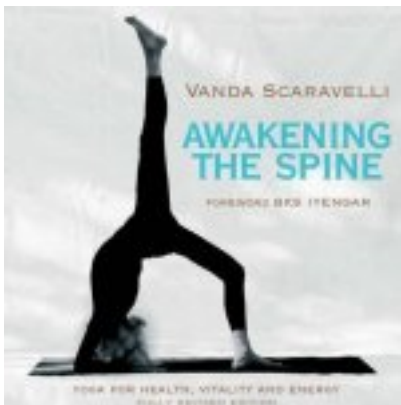
Albinus on Anatomy

Bernhard Siegfried Albinus (1697 – 1770) was a German-born Dutch anatomist whose drawings are incredibly accurate even today.

Alexander Tsiaris, *The Architecture and Design of Man and Woman*

A glorious, unparalleled view of the human body.

Vanda Scaravelli, *Awakening The Spine: Stress Free Yoga for Health, Vitality and Energy*



Yoga is an integral part of the course as it helps incorporate body awareness and body mechanics when practicing and training in Chavutti. It is imperative all students understand a range of grounding techniques utilising the breath and awareness of the spine. This will all be covered in the course but this book will provide you with a solid foundation to start from.



Post-Course Resources

Majestic Towels and Disposables

For disposable underwear for men and for women. Easy and practical and tested by the Chavutti family! We like them!

Futon Pacifika

This is a great website offering reasonably priced massage mats and futons. Comes highly recommended by a friend and Chavutti bodyworker Steve Mason.