

Art of Bodywork



Three Day Course Prospectus 2022/23



Art of Bodywork

3 DAY COURSE PROSPECTUS

It has been my pleasure and delight to present my AoB classes in many countries of the world since 2009.

There is always a generous and enthusiastic response to the techniques and ideas that I teach.

I present to you the accumulation of 40 years of bodywork experience.

All my work is original material - not borrowed or copied from other instructors or authors. This original material emerged from my own requirement to 'problem solve'. If you have a client with a problem that isn't responding well to work that has already been applied - what do you do?

In line with the well-known osteopathic principle "Structure Governs Function", AoB seeks to help you work out how to change the structure so you can improve the function.

So I worked out ways to change the structure, reduce pain levels and improve the functionality of the body.

Over many years I had to reproduce these successes again and again in order to verify that the work I was doing was not only effective but it was reproducible.

Then I had to figure out: Was it teachable too? Could other people be taught and reproduce what I showed them?

Happily the answer was 'yes' - and hundreds of bodyworkers around the world have learnt my techniques and they continue to use them each and every day.

I present to you a 'No Frills' course. No hype. No drama. Just terrific work that will assist you in your clinic every day. More importantly it will help people on the road to good health.

The only reason you won't get success from my work is if you abandon it - and never use it.

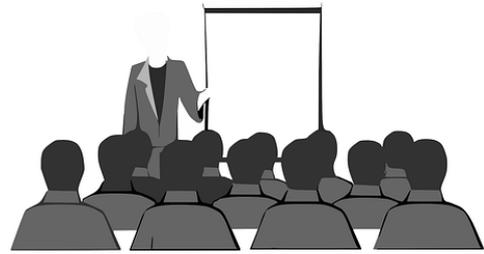


The Art of Bodywork is also a guide for you. It is a demonstration of how to develop your own style and to help you apply only what is required - no more.

KEEP THINGS SIMPLE

If you ever attended a class that seemed overly complicated, with ideas and concepts that were difficult to grasp, and came away from that class feeling a little bewildered then I can bet you probably won't be using much of that material on a regular and consistent basis.

I really believe simplicity is the key to understanding. You can collect new skills much more easily if the method of delivery is kept simple. Therefore I don't overcomplicate the learning process.



This approach to learning makes Art of Bodywork a class you can grasp, understand and use. Learning becomes pleasurable when you're having fun. So I make classes fun!

You will learn techniques that you will be able to use on a daily basis - for years to come.

Time after time practitioners of AoB are astounded to see and feel the often instant and rapid changes in their own bodies as they are worked on in class.



HISTORY

My scar tissue work (MSTR®)* was just one of many innovative techniques I designed, used and refined in my UK and German clinics.

Some of my Art of Bodywork techniques have taken decades in the process of creation and development. I continue to refine and improve my work - and my teaching style - so that the training you receive is as good as I can possibly make it!

The result of that continual process of development is a series of techniques that can transform your practice work. Many of the changes we create are instant - but they are totally reproducible by you!

Art of Bodywork is a series of indispensable soft-tissue techniques that you will value every time you use them.

*See - www.mstr-online.com

WHAT WE OFFER

Anyone who has previously attended my classes knows that they are fun and interesting places to learn - but more than that...

We offer the unique opportunity to learn precisely how to apply these remarkable techniques in the classroom environment so that you can take this information away and immediately apply it in your clinic.

This work is conveyed directly to you by the architect of these original techniques and applications - me.

Former students are highly impressed with the responses with AoB and can't wait to get back to their clinics to use their newly-found skills. Regular, positive feedback from practitioners around the world testify to the longevity and usefulness of my work. You will be able to use my work for years to come!

CLASS CURRICULUM

This is a 95% 'hands-on' practical class. Over the three days you will have ample opportunity to practice and understand all the techniques I teach.

For each technique you will understand:

- Indications for using the chosen technique
- Various signs and tests to confirm your are applying the correct technique
- Post treatment tests to re-confirm if your work was effective

The three day course includes comprehensive training manual and Certificate of Attendance as well as morning and afternoon refreshments. Classes are usually held from 9am to 5pm with a one hour lunch break.

We will explain and demonstrate ALL the following original AoB techniques -

UPPER BODY:

- Acromio-clavicular joint
- Atlas
- Breast
- Head extension
- Pisiform
- Respiration
- Scoliosis
- Shoulder abduction
- Thoracic spine



LOWER BODY:

- Ankle releases
- Foot pronation
- Gastric, intestinal and bowel disorders
- Iliotibial band
- Lumbar disc problems
- Piriformis
- Quadratus lumborum
- Reproductive organs male & female
- Rotated ilium
- Thigh adductors



HOW TO ENROL

Go to our website <http://www.artofbodywork.training>

Booking is easy via PayPal's secure online payment gateway. If you don't have a PayPal account just use your credit card. Everything is clearly explained. Please ensure you read our Terms and Conditions before enrolment.

As I do not hold these live classes very frequently in your country then the demand for places is bound to be high. We will announce on our Course Dates page when the class is nearly full and once all places have been taken the course will be closed to additional bookings.

I look forward to sharing my work with you.

Sincerely

Alastair McLoughlin



With teaching assistant Silke Lauth

www.ArtofBodywork.training

Can't make it to a class? See:

www.ArtofBodywork.online