

# Art of Bodywork



## Three-Day Course Prospectus 2024/25

Approved for Continuing Professional Development by:



# *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'. Clients sometimes don't respond well to treatment, despite our best efforts. Perhaps this is familiar to you - it certainly was so for me.

So I began problem solving.

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.

As you can imagine, this process took a long time, and over many years I had to reproduce these successes again and again in order to verify that my work was not only effective, but also reproducible.

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

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

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



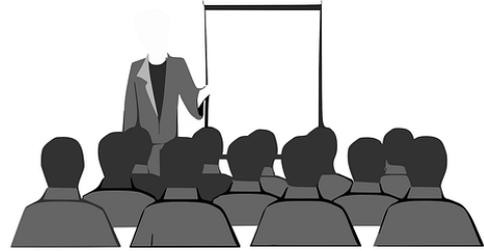
The only reason you won't get success from my work is if you abandon it - and never use it.

The Art of Bodywork is also a guide for you. It is a demonstration of how to develop your own style by adapting what you know and creating your personalised treatments. After all - each person is an individual, with their own specific problems, which will need an individually created treatment approach.

With 'Art of Bodywork', we provide a huge range of effective techniques from which to meet your client's specific needs.

## 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 or consistent basis.



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

I teach a very straightforward approach to treatment:

Assess the client for indicators - Apply the necessary remedial work - Re-assess for efficacy.

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. Like MSTR®, 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](http://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 using 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:

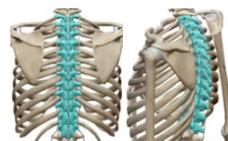
- Indications for using the chosen technique
- Various signs and tests to confirm you are applying the correct technique
- Post treatment tests to re-confirm if your work was effective

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 health
- 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://artofbodywork.training/course-dates.html>

Booking is easy via PayPal's secure online payment gateway. If you don't have a PayPal account just use your credit card. Please ensure you read the Terms and Conditions on our website 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.

I look forward to sharing my work with you.

Sincerely



Alastair McLoughlin