



## Client directed bodywork - Muscle Effect Therapy (MET) - 19 –20 February 2011

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Language

English

James Crook gives the first module of MET: working with breath in Rotterdam

MET is developed by Bobby MacLaughlin CCI Co-counseltrainer from Ireland. *Rolfing* and *Deep Tissue work* are both early ancestors of Muscle Effect Therapy. She integrated Co-Counselling in MET.

MET is nonverbal work. It melts frozen muscles. It works on emotional and physical levels at the same time.

MET uses very gentle, light and precise touch along muscles that hold excess tension. This helps people to change old and painful physical habit patterns. It may also enable access to buried memories previously blocked out of conscious awareness.

MET increases your awareness of your own body and reduces risk of injury under physical stress.

MET is client-directed. The client decides how far and how deep to go, when to stop, how much feels safe.

The method is taught in a series of ten workshops. Each workshop includes

- Diagnostics: How to look at a body, see where tensions are held and how they interconnect.
- Awareness exercises, bringing the client's attention into specific areas
- Musculo-skeletal anatomy lessons
- Therapy demonstrations followed by hands-on practice.
- Q and A sessions

For further information about the method of Muscle Effect Therapy

Muscle Effect therapy; healing through the body, Bobby MacLaughlin ISBN978-963-06-4333-7

### Practical information.

The workshop is in Rotterdam Centrum from 9.00 – 18.30 hour and costs € 175, -. There is a minimum of 10 and a maximum of 17 participants The official language is English with Dutch translation Registration is possible till 12 of February by paying € 75,-- in advance when you are unable to pay the full deposit at once.

For information about the workshop, registration accommodation etc. You can mail marjan at bobbyrdam@xs4all [dot] nl

When you have followed the first module you can also following the third workshop; working with height at Mars 2011 in Rotterdam.

#### Event Dates

Saturday, 19 February, 2011 - 08:00 to Monday, 21 February, 2011 - 16:55

#### Venue Details

**Venue:**

Beweginsstudio Kruimels Rotterdam 3051 XE

Netherlands

See map: [Google Maps](#)

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#### Contact Information

Marjan Tuk

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