

# Muscle Memories

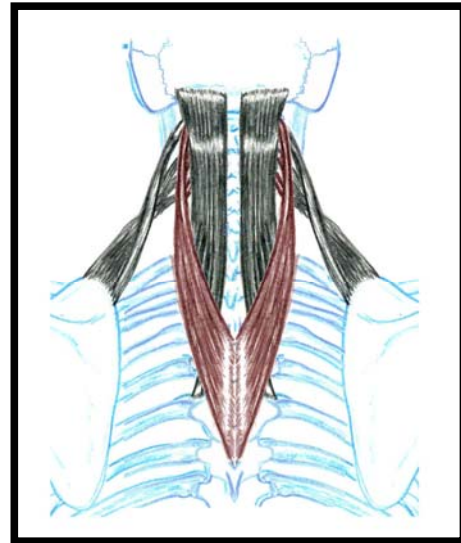
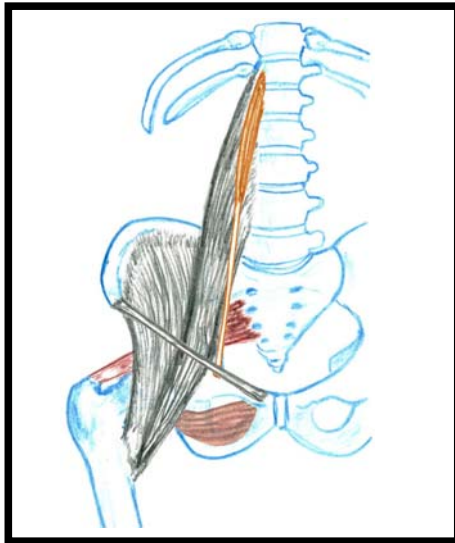
## Strengthening Your Musculoskeletal Knowledge

16 CEU Hours – Instructor: Dave Campbell, LMP

Bellingham, WA  
June 13-14, 2009

&

Seattle, WA  
Sept. 12-13, 2009



Based on the Book:

### Mastering Muscles & Movement

A Brain-Friendly System for Learning  
Musculoskeletal Anatomy and Kinesiology

Published by Bodylight Books, Bellingham, WA [www.bodylightbooks.com](http://www.bodylightbooks.com)

Tuition: \$280 if registered 2 weeks in advance, \$300 thereafter (\$100 deposit to hold space)

NCBTMB

#### Three Ways To Register

1. Go to [www.bodylightbooks.com/classes.html](http://www.bodylightbooks.com/classes.html)
2. Call Dave at (360) 319-3434
3. Send this form with your check to:

Dave Campbell  
1707 F Street  
Bellingham, WA 98225

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Ph: ( ) \_\_\_\_\_ - \_\_\_\_\_

Check:  Bellingham, June 13-14, \$280  Seattle, Sep.12-13, \$280

For More Info: Call Dave Campbell (360) 319-3434, Email: [bodylightbooks@comcast.net](mailto:bodylightbooks@comcast.net), Web: [www.bodylightbooks.com](http://www.bodylightbooks.com)

## **MUSCLE MEMORIES**

### **Strengthening Your Musculoskeletal Knowledge**

with Dave Campbell, LMP

This workshop is worth 16 CE hours, NCBTMB approved

Contact: Dave Campbell (360) 319-3434, Email: [bodylightbooks@comcast.net](mailto:bodylightbooks@comcast.net), [www.bodylightbooks.com](http://www.bodylightbooks.com)

Want to refine the precision and depth of your practice? Applying muscle knowledge quickly and accurately is one important way to do it. Let's face it - many of us learn the muscles in massage school and then slowly lose precision in our command of this important foundation. Yet fluently applying our knowledge of the musculoskeletal system is a must - not only as a baseline for effective technique, but also as a means to refine the subtlety, depth, and power of one's work.

This class will re-energize your knowledge of the musculoskeletal system and how the body moves so that you can effectively apply it in your day-to-day practice. In so doing, you will refresh and deepen the foundation underlying all of your current bodywork techniques. Our focus will be to revive and reorganize your hands-on knowledge of muscles, joints, and bones in a way that naturally brings recall while you're doing your hands-on work.

This class, based on Dave Campbell's new book *Mastering Muscles & Movement - A Brain-Friendly System for Learning Musculoskeletal Anatomy and Basic Kinesiology*, will provide you with a clear and doable path to rebuild your command of this body of knowledge. Dave's dynamic, precise, and strategically organized approach will set you on a path to quickly amp up your command of this important foundation of knowledge. The book is also designed to be an easy in-office reference for personal review and client education. To get a better idea about the book and associated materials, please visit [www.bodylightbooks.com](http://www.bodylightbooks.com).

#### **In this class we will:**

- Review all structures, using a brain-friendly approach
- Support all learning with visual and verbal materials, demonstrations, games, and hands-on practice
- Explore a variety of hands-on bodywork techniques for the shoulder, hip, and other structures – as examples of how to apply this brain-friendly method of learning and recalling musculoskeletal knowledge
- Dissect and evaluate your current favorite bodywork techniques to better understand the neuromusculoskeletal implications of your work

*Come to class with comments and questions about your current modalities!*

#### **You will leave this class with:**

- A re-energized appreciation for functional anatomy
- An improved ability to recall and apply musculoskeletal information while your hands are on the body
- A clear path to continue on your own to master the system of muscles and movement
- A lattice-like muscle memory structure in your brain, on which to continue building and reinforcing your fluency with musculoskeletal recall and application

DAVE CAMPBELL is a licensed massage practitioner and an instructor of Kinesiology and Cadaver Anatomy at the Spectrum Center School of Massage in Lake Stevens, WA since 2001. He has been in practice for over 20 years and has an enduring fascination with the intricacies of the human body, mind, and spirit. He holds a B.A. in Mathematics from the University of California and is a certified Trager® practitioner. Campbell, a former key engineer at the Fairchild Research Labs in Palo Alto, CA, developed his brain-friendly approach to teaching muscles and movement based on years of experience in the study of human perception, artificial intelligence, and graphic representation of scientific information. Dave maintains a full-time practice in Bellingham, WA specializing in Trager Work and Craniosacral Therapy, augmented by a variety of other gentle neuromusculoskeletal release techniques.