

# BODY HARMONY 5 MODULES SEMINAR SERIES - 2010

## Purpose

This Module Series teaches the principles of Body Harmony®, which stimulate the innate healing responses that reside within everyone. Body Harmony® creates a healing environment where optimum health and balance is restored and maintained. We take the mystery out of hands on healing. Simple principles, applied consciously, can achieve big results. These classes are the foundation of the 100 Hour Practitioner Training Program.

## The Art and Science of Body Harmony®

The principles of Body Harmony® are based in the science of Quantum Physics. The technique is a synthesis of touch, various elaborations of breathing, movement and intention. The Art is applying the techniques and principles in a way that addresses the individuality of every person.

## Who are these classes for ?

Classes are open to anyone seeking personal development, relaxation, healing, or practitioner training. No previous experience is necessary. Bring your willingness and a beginners mind and enjoy a journey of self exploration. Learn skills to help you, your friends, family and others experience greater ease and fulfillment.

Practitioners of other modalities find Body Harmony® enhances their knowledge and skills, expanding their effectiveness. One of our graduates is a nurse working in the hospital system doing sessions with the staff between operations. Another started a lunchtime sharing group at work. There are many ways which you can integrate Body Harmony® – and the skills you learn – into your life and work. To become a Body Harmony® Practitioner, and a Member of the International Body Harmony Guild, you need at least 100 hours of classes, the sponsorship of two teachers as mentors, and to demonstrate proficiency in the application of principles taught during this program.



## Schedule for 2010

| Dates                     | Time                | Location                             |
|---------------------------|---------------------|--------------------------------------|
| Module 1<br>March 13 – 14 | 9.30 am/<br>4.30 pm | 'Alaya Verde'<br>Noosa<br>hinterland |
| Module 2<br>April 24 – 26 | 9.30 am/<br>4.30 pm | 'Alaya Verde'<br>Noosa<br>hinterland |
| Module 3<br>May 29 – 30   | 9.30 am/<br>4.30 pm | 'Alaya Verde'<br>Noosa<br>hinterland |
| Module 4<br>August 7 – 8  | 9.30 am/<br>4.30 pm | 'Alaya Verde'<br>Noosa<br>hinterland |
| Module 5<br>Sept 4 – 5    | 9.30 am/<br>4.30 pm | 'Alaya Verde'<br>Noosa<br>hinterland |

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## Body Harmony® Module Series 2010

**Module One: Foundational Basics** – The elements which encourage you, or anyone else, to open up to your healing process. Learn the basic elements of a safe, conscious and enquiring touch. Explore what is conveyed through the way you touch and how to improve the quality of your touch. Integrate a beginners mind – regardless of your level of experience. Learn the elements that help you address the individuality of each client.

**Bodywork Focus:** Lengthening the front of the body and releasing the breath. Working on and off the body.

**Module Two: A Conscious and Accurate Touch** – Learn how to sense and move with each body's unique pathway to healing. Learn how gain trust, and work with consent. Learn skills like moulding to your client's tissue, developing an awareness of the body's "layers" through touch, the influence of practitioner comfort, and accessing "the zone" of physical transformation.

**Bodywork Focus:** The legs and lengthening the back of the body.

**Module Three: Reading the Body** – Learn to notice how different thoughts and perceptions influence a person's posture, structure and the way they function. Learn to locate and address more relevant areas of the body in a Body Harmony® treatment. Reconnect your body back to a more functional, and comfortable whole. Develop observations skills for clients in movement, standing, walking and lying down. Experience how an issue sits within your body, and how to change that. Develop observation and communication skills to ensure a problem never overshadows a possibility.

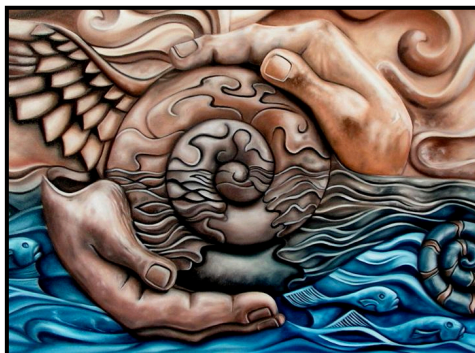
**Bodywork Focus:** The sides of the body and the inner leg.

**Module Four: The Art of Embodiment – Getting The Most Out Of Your Sessions** – Receiving the most benefit from your treatments. Applied study of intention and willingness, control and surrender, pro-activity and choice. Utilising new experiences of yourself, (rather than historical ones) to shape the way you think, feel and act. Development of your touch skills for accessing 'the zone'.

**Bodywork Focus:** The visceral cavity, between the pelvic and thoracic diaphragms, and the spine.

**Module Five: From Imagination and Sensation, into Action.** Progressions and procedures of your own practice in Body Harmony®. Enhance the integrity of your bodies internal structure and the relationship of its parts. Move towards where you want to go (rather than away from somewhere). Post session procedures.

**Bodywork Focus:** Shoulder girdle and head/neck.



## The difference between Body Harmony® and other forms of Bodywork

Some forms of body work use oils, allowing the hands to slide and provide a sensory pleasure. Others knead knots out of the muscles. Some use a touch which allows individual muscles to adjust and unwind. Body Harmony® isn't done to you, it is a session with you. In a Body Harmony® session, the most benefit is gained by addressing an important issue in your life, now. As you speak, your body illustrates your relationship to the issue, and provides suggestions for more ease in your body, and possibilities for how to create harmony within the issue. The touch used by your practitioner is based on your body's response. Body Harmony® touch can work locally to release and unwind tension in your tissues, while simultaneously provoking a whole body response not limited to your body, mind or spirit. It's a touch which triggers your body's healing response, and can show you unexplored possibilities. Although the application and effects can be very broad, the principles taught are easily learnt.

## About Us

Duncan Hogg and Gina Carruthers BSc (psych) have been teaching this work since 1989. They share a working partnership with the founder of Body Harmony, Dr Don McFarland. Classes are held at a purpose built teaching facility in the Noosa Hinterland, 15 minutes northwest of Noosaville.

## Investment

All 5 classes paid prior to Module 1 – \$1600  
Price per Module \$350 (for deposits 2 weeks prior)  
Payment received at the class \$395  
Reviewers \$220 The deposit payment is \$75.00

All deposits are non-refundable, but they are transferable. All prices are gst inclusive.

## Contact

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