

Body Harmony Residential Training  
31st May to 13th June 2025  
Near Carcassonne, Languedoc,  
France



*Empowering Bodywork Enthusiasts  
to Discover, Develop and Deliver  
the Transformational Wisdom  
of our Bodies.”*

Hosted by Health In Perspective Pty Ltd and Barbara van Stek.

We warmly invite you to join our comprehensive two week Body Harmony in-house training. The founding tools of any session will be outlined, engaged and integrated in every day's educational experiences. We are committed to sharing the essence of this remarkable approach to health, wellbeing and personal transformation.

Our (Duncan Hogg and Gina Carruthers) story is that we became involved with the education of Body Harmony through Dr Don McFarland in 1986. Since then we have continually educated ourselves and others in its practice. We have organised International events and the One Month Body Harmony training in Australia for over thirty years.



We began our collaboration with Barbara van Stek in 2017 in Holland and have delighted in bringing retreats to Europe together with her. We were inspired to put this event together because we all wanted to offer a longer full immersive Body Harmony experience for people in Europe.



The purpose of the retreat is to offer the ten session educational bodywork model known as 'The Intention and Manifestation Sequence'. You will learn how to offer this to your clients as well as partake in the process personally. Participants can expect to gain expanded confidence in their touch skills and a more embodied understanding of the principles and practices of Body Harmony. The benefits of this extensive experience of Body Harmony become cumulative, offering new reference points of health, wellness, connection and movement.

We have chosen 'Le Manoir d'Amiel' in the Occitanie region of France. This boutique manor house has 16 bedrooms, a private pool, hot tub and separate entertainment space. Le Manoir d'Amiel is an accredited 4-star, fully-equipped French "Manoir" with annexe. Just 10 minutes from the historic UNESCO medieval 'Cit  de Carcassonne' and 5 minutes from the UNESCO Canal du Midi. It is thoughtfully furnished with many original restored features.

We have chosen the location and style of venue to compliment the seminar experience, as well as the time of year. June offers long daylight hours, plenty of sunshine and relatively mild temperatures. The free days during the seminar schedule offer everybody the opportunity to explore the wonders of this region together, including the remarkable UNESCO medieval Cit  de Carcassonne' and other notable destinations within close proximity.



### Who Should Attend:

Firstly, this event is open to anyone with an interest.

People curious about exploring the healing potential of their body are welcome.

People who want to learn about Body Harmony specifically are welcome.

People with Body Harmony experience wanting to develop their touch skills, improve their communication skills and increase their confidence with the work are also welcome to attend.

And people wishing to experience a healing style holiday in a fascinating location with like minded people are especially welcome to attend.

## Summary of the Retreat:

This event includes **ten class days** including a series of optional early morning classes.

Each class day will focus on one of the sessions from **the 'Intention & Manifestation' bodywork model.**

The early morning optional classes will focus on aspects of breathing, movement and other somatic practises. Taking place from 6:45 am - 7:30 am on most days when the seminar is happening.

**The seminar hours are as follows:**

- 9:30am - 12:30pm Morning Session
- 2:30pm - 5:30pm Afternoon Session

**The layout of the event will be as follows:**

- Saturday, May 31 - afternoon arrival and check-in, room allocations and welcome dinner
- June 1 - 4 Seminar Days
- June 5 - FREE DAY
- June 6 - 8 Seminar Days
- June 9 - FREE DAY
- June 10 - 12 - Seminar Days
- June 13 - Departure Day



## Dates

May 31 till June 13, 2025

There are limited room spaces therefore we encourage you to place your deposit early. Accommodation (room and bedding configurations vary)

As an incentive we are offering the first six enrollments a free private session from Gina or Duncan!

## Investment

2 week retreat per person - € 1950. This includes accommodation and tuition, meals not included.

Deposit € 300 non refundable. *You can add 70 hours of Body Harmony education towards your practitioners education*

*Email Barbara for a deposit invoice so you can secure a room tout de suite or pay here on Wise*

If you have any questions please contact:

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Gina Carruthers [gina@healthinperspective.org](mailto:gina@healthinperspective.org)

Duncan Hogg [duncan@healthinperspective.org](mailto:duncan@healthinperspective.org)

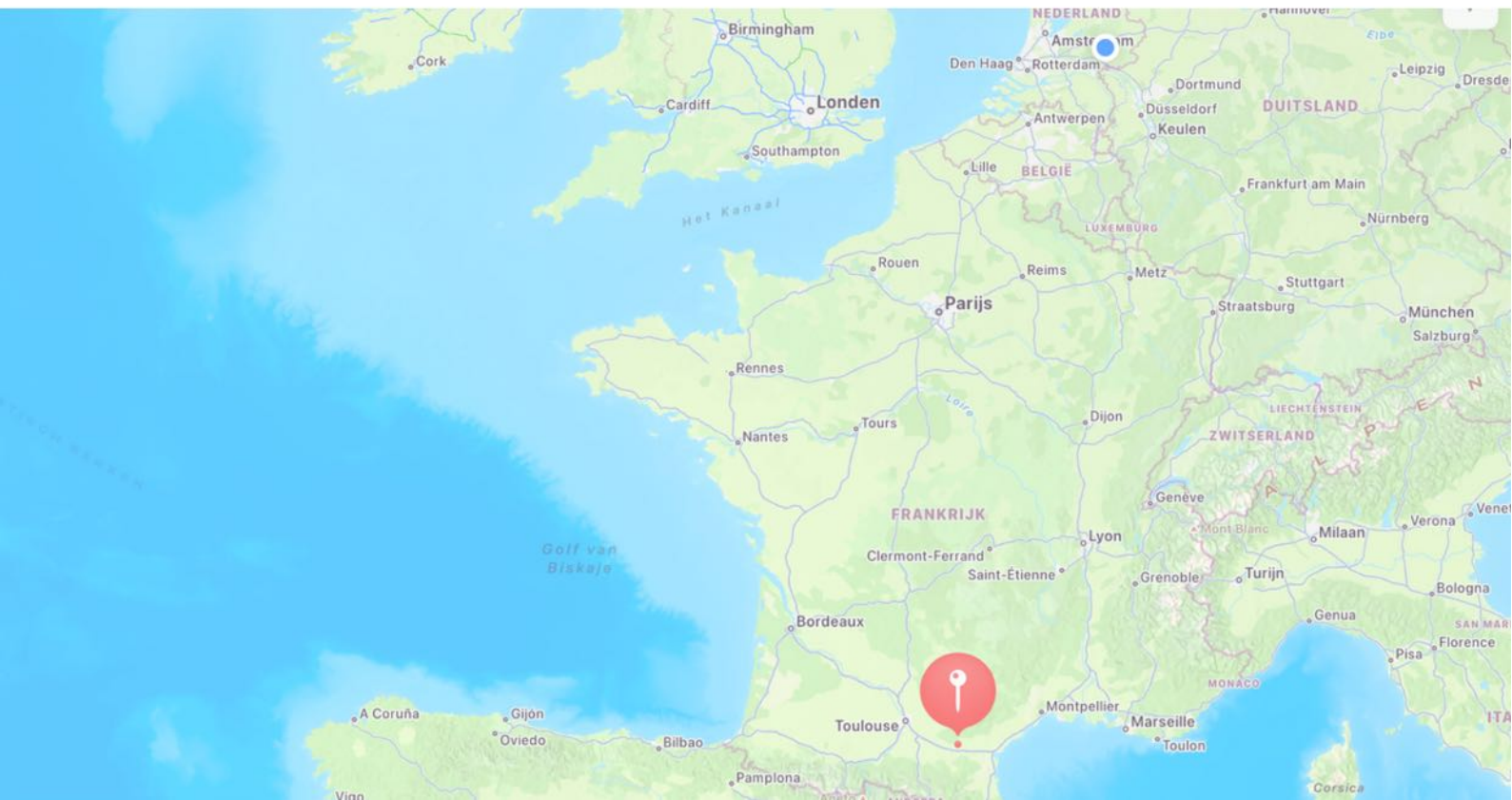


**BARBARA VAN STEK**

[wise.com/pay/me/barbarav212](https://wise.com/pay/me/barbarav212)



We hope to meet you there!



The following is a detailed day to day outline of the intended program.

Yet, please be aware that *there is an individualised art to practicing Body Harmony* and as such *our teaching is always woven into your personal needs.*

### Saturday, May 31

Arriving: Manoir d'Amiel is 10 minutes from Carcassonne airport and 1 hour from Toulouse airport. Arrival is from 3:30 pm on this day. The welcome dinner is scheduled for 8pm and will be either in-house or at a local restaurant. A general orientation will take place. For people arriving by car there is ample parking at Manoir d'Amiel.

The average temperature for June in this region ranges from 15 - 26 degrees Celsius or 59 - 79 degrees Fahrenheit

### Sunday, June 1

The first day of the seminar will commence at 9:30am and finish at 5:30pm with a 2 hour lunch break (12:30 - 2:30pm).

The first session of the 'Intention & Manifestation' (I & M) bodywork model will be presented focusing on *lengthening and opening the front of the body.* Participants will have the opportunity to learn the focus and application of this session as giver and receiver. This session includes working specifically with the arms, the shoulders, the scapulas, the sternum, the ribs and diaphragm, along with balancing points to assist with integration. Freedom of breath and inspiration are particularly related to this session.

Participants are encouraged to wear loose, comfortable, layered clothing and to bring socks to keep feet warm when needed.

With sunset at 9:30pm there is plenty of daylight to explore after class.



## Monday, June 2

For the early risers an optional morning class begins at 6:45am. Sunrise takes place at 6:15am at this time of year. Bring a blanket and a pillow as well as a mat if you can. The specific topic of this morning class will be announced at a future date, however every aspect of what is presented is designed to support your health, wellbeing, connection and self-regulation.

**The second session of the I&M model** - focused on **lengthening and mobilising the back of the body** - will be covered in class on this day.

In this session we work specifically with the pelvis, the thighs, the hamstrings, the knees, the lower legs, ankles and the feet and toes. Connection to the ground/earth is one of the specific focuses of this session. This helps to restore the whole body's relationship to gravity, a key outcome to promoting more ease, balance and grace through the system.

Class commences at 9:30 am and finishes at 5:30 pm with a regular lunch break. Post lunch in class typically commences with a 'Yoga Nidra' style exercise, an exercise typically enjoyed for its remarkable restorative and regenerative benefits.

## Tuesday June 3

For the early risers an optional morning class begins at 6:45am. Bring a blanket and a pillow as well as a mat if you can. The specific topic of this morning class will be announced at a future date.

**The third session of the I&M model** involves working on **the sides of the body**.

Where the front and the back meet is referred to as the sides.

In this session we work from the head to the toes on both sides, helping to 'unzip the seam' and help any areas that have migrated out of a more efficient state of alignment.

This session is also about helping to improve the functional relationship between back and front, by releasing and integrating the sides. This session takes place with clients laying on their side and highlights many of the different ways we can use touch to work with tissue within a Body Harmony context.

Class commences at 9:30 am and finishes at 5:30 pm with a regular lunch break.

## Wednesday, June 4

For the early risers an optional morning class begins at 6:45am. Bring a blanket and a pillow as well as a mat if you can. The specific topic of this morning class will be announced at a future date.

Before we take a days break, we engage in **the fourth session of the I&M model**, focusing on **the inner line of the arm and the leg**.

Typically overlooked, these areas will be addressed with the client laying once again primarily on their side. As with all sessions, participants are encouraged to wear loose, comfortable clothing.

## Thursday, June 5

There are no scheduled classes on this day and with the beauty of southern France at your doorstep you can plan an adventure of your choosing.

## Friday, June 6

There is no early morning class scheduled on this day

**The fifth session of the I&M model** focuses on *the abdominal cavity*.

This session specifically works with the viscera and the visceral cavity. It includes mobilising any restrictions or adhesions inhibiting healthy energy flow. This session also supports a more balanced relationship between the thoracic and pelvic diaphragms. Participants will, as part of the event, have the option to support their digestive systems throughout the training by using 'Apana Prana' - a harmonious blend of powdered digestive herbs taken to support optimal digestive health. This session seeks to support the visceral cavity to come into a more balanced relationship in gravity, aiding digestive health and improve mobility and motility of the organs.

## Saturday, June 7

For the early risers an optional morning class begins at 6:45am. Bring a blanket and a pillow as well as a mat if you can. The specific topic of this morning class will be announced at a future date.

**The sixth session of the I&M model** focuses on *the spine and pelvis*.

The bodywork components of this session include working with the sacrum, hips, pelvis and individual vertebrae of the spine as well as the cranial base. Once again we will be supporting the mobilising of individual units - in this case the vertebrae, using sponging and pulsing touch techniques - all with consent - to improve the overall connection and ease experienced through the spine and pelvis.

## Sunday, June 8

For the early risers an optional morning class begins at 6:45am. Bring a blanket and a pillow as well as a mat if you can. The specific topic of this morning class will be announced at a future date.

**The seventh session of the I&M model** focuses on *the head, neck and the face*.

## Monday, June 9

There are no scheduled classes on this day and with the beauty of southern France at your doorstep you can plan an adventure of your choosing.



## Tuesday, June 10

There is no early morning class scheduled on this day

The eighth session of the I&M model focuses on *the flow of energy from the extremities to the core of the body.*

This session involves working with the hands, arms, shoulders / shoulder girdle and scapulas as well as the hamstrings, knees, ankle and feet. The focus is on supporting communication and energy flow through the arms and legs to support and invigorate the core.

## Wednesday, June 11

For the early risers an optional morning class begins at 6:45am. Bring a blanket and a pillow as well as a mat if you can. The specific topic of this morning class will be announced at a future date.

The ninth session of the I&M model focuses on *the energetic connections through the major energy centres of our bodies.*

This session involves activating, energising and connecting the seven major energy centres of our bodies, typically referred to as chakras. Particular attention is given to the use of very light touch - the first layer - as well as working within the body's field of energy.

## Thursday, June 12

For the early risers the final optional morning class begins at 6:45am. Bring a blanket and a pillow as well as a mat if you can. The specific topic of this morning class will be announced at a future date.

The tenth session of the I&M model focuses on *wholeness, integration, full occupancy and connection.*

Any lingering unappreciated areas are addressed. Conscious, connected breathing is specifically incorporated. *Connecting with who you are and how you want to be in this life.*



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As an incentive we are offering the first six enrollments a free private session from Gina or Duncan!

## Investment

2 week retreat per person - € 1950 accommodation and tuition included. Meals are not included, there is a great kitchen where we can enjoy cooking together or apart.

Deposit € 300 non refundable. *You can add 70 hours of BodyHarmony education towards your practitioners education*

Email Barbara for a deposit form to secure your space or pay direct by clicking on the QR Code into the Wise account.

If you have any questions please contact:

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