

# Newsletter

Equinox March 2023

## Greetings and a warm welcome to everyone!

Welcome to this Equinox newsletter, when day and night are the same length and the seasons are changing – spring on the way in the Northern Hemisphere where we can look forward to warmer longer days, while in the Southern one, autumn is under way and preparations for the winter are in the air.

While there is much exciting and inspiring news to share in this newsletter, we are deeply saddened by the passing of our dear friend and colleague Amparo Betancourt Lopez on the full moon on 7th March in Tenerife. Her family and friends were with her over her last days and her transition was calm and peaceful; our heartfelt condolences are with them and with all who love and mourn her.

Amparo's soft, gentle, beautiful presence and loving touch will be sorely missed, as will her beaming smile and spontaneous laugh. She was a good friend and inspiration to so many of us, a skilled practitioner and wonderful teacher.



Since the beginning of the year there have been several Body Harmony classes and presentations.

Body Harmony Association UK teachers have been continuing with practitioner training in Devon. Using the Body Harmony Association curriculum

<https://bodyharmonyassociation.com/the-curriculum/>

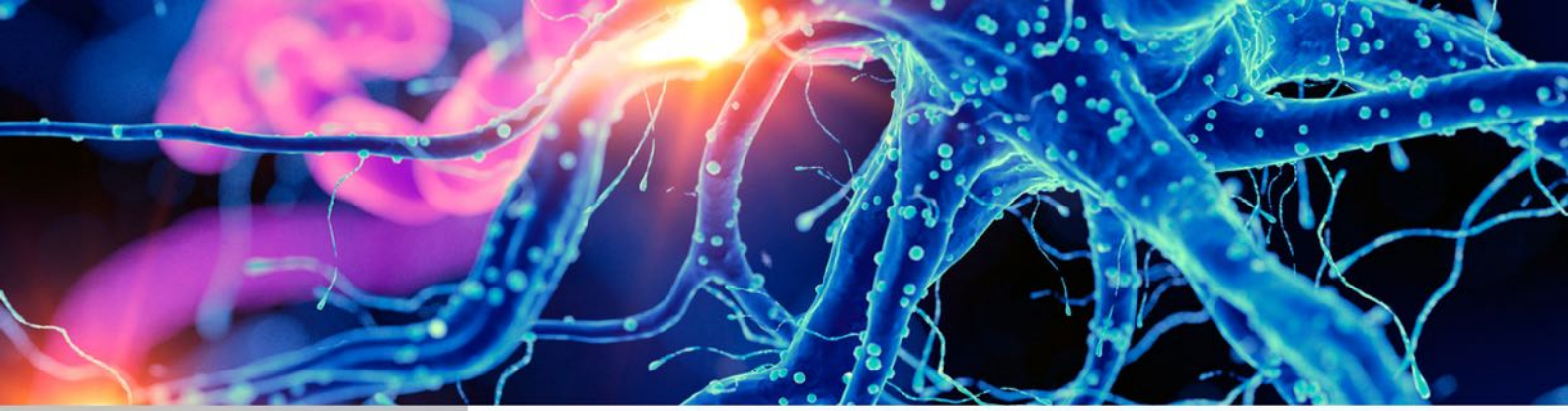
we have been exploring the elements which support effective Body Harmony sessions.

Engagement from participants has been brilliant and we are learning a lot each time we meet.

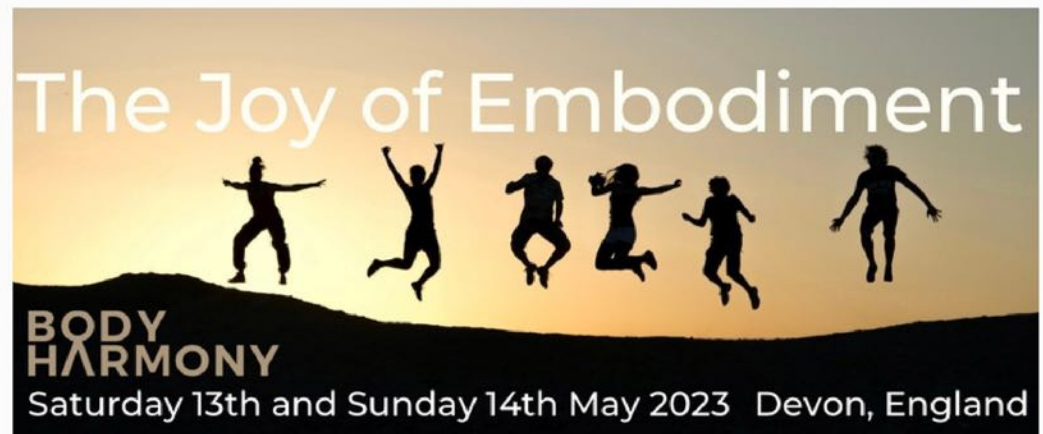
Anyone is welcome to any class as they are tailored to participants' needs and intentions regardless of Body Harmony experience.

We look forward to continuing our journey through the Modules and welcoming our new practitioners soon.





.in Almuñecar, Andalusia, Spain a Body Harmony weekend 'The Gifts in the Garden of Trust' was presented by BHA teachers. The subject of the class was the Vagus nerve and the Polyvagal Theory with a Body Harmony slant. It was a rich, enjoyable and transformative experience for all who participated; there were 7 different nationalities in the group, and while the class was presented in English with Spanish translation, the language everyone shared was the language of Body!



The next weekend class in Devon UK is  
The Joy of Embodiment  
With Fiona Withers, Kate Verney and Susy Joy  
May 13th and 14th Saturday 9.30 – 5.30, Sunday 9.00-5.00  
Staverton Court Room (Village Hall), Staverton, Totnes, Devon  
TQ9 6PD  
Investment £300

For newcomers, experienced bodyworkers and everyone in between. Exploring the sensory connections within ourselves and practising trusting ourselves and the information we receive through our hands, bodies and senses, the possibility of understanding how all human experience is contained in the body opens up.

For further information contact Fiona Withers:  
fionawithers@hotmail.com, Kate Verney: kateverney@gmail.com or  
Susy Joy: susyjoy@yahoo.co.uk



# RETREAT



Duncan Hogg and Gina Carruthers from Australia will be in Europe this summer, holding a Body Harmony retreat in Provence, France in June. To go on the waiting list for this should there be cancellations or for future retreats, please contact the organiser, Barbara Van Stek: [thebeingcompany@hotmail.com](mailto:thebeingcompany@hotmail.com)

After some holiday time, Duncan and Gina will be doing a weekend class in Ireland



A workshop for anyone curious about the possibilities for transformation and healing within each of us which may easily be accessed and embodied with awareness, breath, movement and touch.

With particular focus on our relationship to feeling safe we will explore ways to identify and unlock resources to help ourselves and each other to live fuller, happier lives through the magic of Body Harmony®

Investment: €300

Early Bird: (by 30 April) €250

Max. 14 places available

Contact: Paul O'Neill [paulolight@gmail.com](mailto:paulolight@gmail.com)

+353 86 2335357





## Diving Deep – Whole Body Solutions

8th & 9th July 9.30am - 5.00pm

Wild Goose Space, 228 Mina Road, Bristol BS2 9YP

### Diving Deep – Whole Body Solutions

A Body Harmony weekend with Duncan Hogg and Gina Carruthers from Australia

This weekend is for anyone who would like to feel better in their body

and/or expand their existing bodywork skills.

No experience necessary.

On this weekend Duncan and Gina will start to unfold a specific 10 step sequence of Body Harmony treatments they developed and refined over many years of collaboration with Dr Don McFarland, founder of Body Harmony.

We will explore how to apply this whole-body sequence, without imposition or compromise to the fundamental qualities of acceptance, non-judgement and accurate, compassionate, active listening of the Body Harmony touch.

Investment: £300 Payment via PayPal to [fionawithers@hotmail.com](mailto:fionawithers@hotmail.com) or contact her directly for bank details.

For further information contact:

Fiona Withers [fionawithers@hotmail.com](mailto:fionawithers@hotmail.com) 07811491838

Kate Verney [kateverney@gmail.com](mailto:kateverney@gmail.com) 07837893107

Susy Joy [susyjoy@yahoo.co.uk](mailto:susyjoy@yahoo.co.uk) 07790132797

Duncan and Gina will also be available for private sessions in Bristol on Monday 10th July

Contact Susy for further information or to book.







The Body Harmony One Month Retreat will be happening again in September 2023, led by Duncan Hogg and Gina Carruthers, and guest teacher Brendan Allen, at Alaya Verde in the Noosa hinterland, Queensland.

This retreat demonstrates how bodywork, applied consciously and intentionally, creates personally directed, highly desirable transformation. The kind of change which translates across the borders of personal and professional life. This is an educational process to help people access more of their potential. Here you learn how to apply these skills as a practitioner and as an individual. For further information and to book, please check [www.healthinperspective.org](http://www.healthinperspective.org)

#### Private Sessions and Educational Opportunities in Melbourne, Australia.

Please inform either Anita Wong or Duncan Hogg if you or someone you know may be interested in exploring Body Harmony as either a client or participant in Melbourne. Our intention is to run a weekend workshop in 2023, run public lectures (usually held at East Melbourne Library) and offer individuals the chance to take private sessions.

Please email Anita or Duncan to register your interest.

Duncan

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

Anita

[anitawong10@gmail.com](mailto:anitawong10@gmail.com)





## Body Harmony International Event 2024

At the last International in Vietnam 2019, following suggestions made by participants to hold the next event in a place where there are already Body Harmony practitioners, it has been decided that Almuñecar on the Costa Tropical is the place.

It's a lovely town on the Mediterranean with many different accommodation options to suit all budgets. The BHA committee's focus over the next few months will be on planning the event, and Andrea Royen is currently negotiating with possible venues.

The Internationals are a great opportunity for our community to connect, experience a variety of the Body Harmony core principles: <https://bodyharmonyassociation.com/about-bha/> presented by many of the Association's teachers, give and receive sessions and enjoy socialising with friends and colleagues.

Keep a space in your diaries for May 2024 and we'll inform you of the details as soon as they're in place.

We look forward to welcoming you there!

In Transformation, Collaboration and Harmony,  
The Body Harmony Association Committee.

