

# BODY HARMONY WHOLE BODY SOLUTIONS

Everything works better when a body is in harmony with itself and its environment"

Don McFarland, Founder of Body Harmony.

Saturday 11th and Sunday 12th November 2023

Devon, England.

**BODY  
HARMONY**  
ASSOCIATION

This weekend is for anyone who would like to feel better in their body and/or expand their bodywork skills. Newcomers and experienced bodyworkers alike are welcome. No experience necessary.

With a whole body approach, we will learn how to apply specific aspects of the 10 session sequence of Body Harmony treatments, developed and refined over many years by Dr Don McFarland in collaboration with Duncan Hogg and Gina Carruthers.

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

Our focus will be on the body's core, the deep musculature and connective tissue; through hands-on work, we will contemplate if our legs could better support us; if could we listen to and honour our gut feelings more effectively and are we able to back ourselves up or do we hold ourselves back? This can bring about greater alignment, better posture, more flexibility and the possibility of transforming core issues into core strengths.

Date: Saturday 11th and Sunday 12th November 2023

Time: Saturday 9.30am - 5.30pm. Sunday 9.00am - 5.00pm

Venue: Staverton Court Room (Village Hall), Staverton, Totnes, Devon TQ9 6PD

Investment: £300

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

Lunch will be provided at a cost of £15 for both days.

Presented by Body Harmony Association teachers Susy Joy, Kate Verney and Fiona Withers

For further information please contact:

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

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

This weekend forms part of the Body Harmony Association Practitioner training.

Come and join us -we look forward to welcoming you.

[www.bodyharmonyassociation.com](http://www.bodyharmonyassociation.com)