

Body Harmony Association International Conference Almuñecar Andalucía Spain 2024

6th - 15th May 2024
5 or 8 day options !

Welcome to the third Body Harmony Association International Conference

Almuñecar, in beautiful Andalusia, 'The Land of Light' on the Costa Tropical in Southern Spain has been chosen as the location. It is on the coast of the Mediterranean; the seawater is lovely and clear, the air is unpolluted; the climate is clement and warm and the town itself is charming and authentically Spanish with a long history of different cultural influences from the Phoenicians to the Moors and currently has many different nationalities living alongside their Spanish neighbours. Much of the produce in the shops is grown locally and food, drink and accommodation are economical.

The conference will be held at the Hotel Albayzin del Mar, with a sparkling white, attractive seminar room and lovely gardens with a pool and palm trees. This conference is in two sections - the first from **Monday 6th to Friday 10th May**. After a free weekend to explore the many delightful attractions of the area such as the Alhambra in Granada, the Sierra Nevada, the caves of Nerja or the town itself, the second part (*open only to participants who have attended the previous 5 days*) will go from **Monday 13th -Wednesday 15th May** and provides the opportunity to delve deeper into the work.



Participants may book their accommodation onsite <https://hotelalbayzindelmar.com/es/> with a reduced room rate for conference participants or seek alternative accommodation of their choosing. There are many different options suiting a variety of budgets from which to choose.

There are airports nearby in Malaga and Granada.. If you prefer to travel by train there are also train stations in both cities and it's around an hour's drive to Almuñecar from both places. There are bus services from the airports to the town. In the town itself the majority of accommodations are in walking distance of the venue.

Why come to the Body Harmony Association International Conference?

- Immersion in sensational bodywork, fabulous people, a fantastic location, awakened awareness and the opportunity to become more of who you didn't know you could be.
- Body Harmony is an experience you participate in, engage with and drop into. It has the potential to transform the way you perceive and interact with the world around you.
- Body Harmony does not simply change thinking or perception, it supports a process of embodied transformation.

"I love the International Conferences for:

- connecting with friends old and new
- updating my practice with new insights
- the quantum leaps in my wellbeing
- the food, the fun and the adventures"



Learning Body Harmony

If you are new to Body Harmony you can follow this link to read more about the work.

<https://bodyharmonyassociation.com/what-is-body-harmony/>

If you are a client, a bodywork enthusiast, a health or counselling practitioner or someone who'd like to get better acquainted with their body and its potential, then this is a tremendous opportunity to learn in an engaging and supportive environment. Enjoy the presentations of experienced Body Harmony teachers from around the world.

Tuition discounts for Body Harmony Association members.

Hours towards certification:
week one 32 hrs
weeks one and two 52 hrs

Spanish and other translations considered on request.

Becoming a practitioner or teacher of Body Harmony

The guidelines for practitioner and teacher certification can be accessed via the Association's website by clicking here <https://bodyharmonyassociation.com/practitioner/>

Participation hours at this conference are applicable to Practitioner/Teacher certification and required Continuing Professional Development hours.





Register to secure your place

Email

info@bodyharmonyassociation.com

Deposit €150

The price for week one (6-10May) is €600

BHA members €540

Associate members €570

The cost of all eight days €750

Members €675

Associate members €712.50

NB. Attending week two is dependent on having participated in week one.

We look forward to welcoming you in Almuñecar for a wonderful adventure in Body Harmony and a renewed appreciation of life.

www.bodyharmonyassociation.com

Daily Practice

There will be three classes a day.

An early morning movement and breathwork class from 7am - 8am: variations of multiple kinds of mindful movement and breath therapeutics aimed at increased connection and wellbeing.

The morning class will be in 2 parts from 9.30-am – 11.30am and from 12 pm - 2pm. There'll be the opportunity to share experience, new ideas and set intentions, moving into presentations from Body Harmony teachers focusing on specific aspects of practice.

After a spacious lunchbreak, the afternoon class from 4pm – 6.30pm will be a presentation from Body Harmony teachers, focusing on specific aspects of the work.

