

Body in Harmony

School of Massage and Bodywork

COURSES 2009

Body Scanning and Body Unwinding

A one-day course which will enhance your body awareness and your therapeutic skills. You will learn how to scan the body for muscular restriction and emotional holding, and how to start to release it by working gently and intuitively with the body's own ability to realign itself. You will also start to learn to be aware of and to release the muscle tension from your own body. This is a profound treatment which can be learned and taken away to develop and use in your self-care and in your care of others.



Date: Sunday June 14th. Time: 10.00 – 4.00. Cost: £55.00 (*£50 if booked and paid for by the 30th April*). This course will run with a minimum of 6 people.

Open to: practising therapists, also to non-therapists with some self-developmental work behind them or who have some experience in massage, reiki or similar therapies.

Venue: The Vale Centre, Wincanton, Somerset (<http://www.valehealing.co.uk>). Light refreshments provided – bring your own lunch.

Energy Awareness and Intuitive Massage

A one-day course open to those who are looking to develop their massage skills or to make the shift from giving a massage 'by rote' to developing an intuitive, instinctive style. Exercises to develop your awareness of the energy field – others' and your own, will be incorporated into this day of learning to use your hands intuitively through massage. A day of self-development as well as of enhancing your therapeutic skills.

Date: Sunday September 6th. Time: 10.00 – 4.00. Cost: £55.00 (*£50 if booked and paid for by the 30th June*). This course will run with a minimum of 6 people.

Open to: practising therapists, also to non-therapists with experience of giving massage.

Venue: The Vale Centre, Wincanton, Somerset (<http://www.valehealing.co.uk>). Light refreshments provided – bring your own lunch.

Certificates of attendance are given for each course.

Course tutor: Jan Trewartha

Jan is the Principal of the Body in Harmony School of Massage and Bodywork (APNT and BCMA affiliated). She has been teaching since 1992. Jan has a clinic in Windsor, Berkshire where she works as a Body Realignment therapist and an Energy Field Therapist; she specialises in the release of emotional and physical trauma.

01753 867877 / 07724 027 748 / jan@bodyinharmony.org.uk / www.bodyinharmony.org.uk