

Syllabus: Diploma in Body Realignment

Theory

- a. The retention and release of trauma within the body; myo-fascial, energetic and cellular memory
- b. The mind-body link
- c. Compensation and muscle-holding patterns
- d. The theory of Body Realignment
- e. The subconscious mind and the healing process
- d. Contraction and expansion – mental and physical
- e. Short and long-term effects of misalignment on the health
- f. The results of realignment and the re-education of the body
- g. The ego and the therapist. The therapist as facilitator
- h. Self-protection, strengthening of one's own energy. Care of one's own health, diet and body
- i. The role of toxins
- j. The Inner Smile in Chinese medicine. The organs and the emotions
- k. The client's emotional health and how to facilitate and contain emotional release
- l. Light touch therapy; when less is more
- m. The power of mind over body, of energy over the physical.

Practical

- a. Postural assessment
- b. Development of an advanced, intuitive massage technique
- c.. The technique of realignment
- d. Sensing and scanning the body; learning to read the body
- e. Identification of problem areas and their resolution
- f. Treatment of Repetitive Strain Injury, Neck Whiplash, Frozen Shoulder and other major injuries.
Treatment of old, consolidated injuries
- g. Post-operative treatment and release of scar tissue
- h. Body and fascial unwinding
- j. Self-awareness meditations. Development of own-body awareness. Increasing kinaesthetic reception: how the body should feel and how to perceive and heal blockages within oneself
- k. Development of the ability to tune in to the client's energy and emotions
- l. Developing light touch
- m. Dowsing – learning to dowse to locate otherwise scarcely perceptible blockages
- n. The use of Essences in physical/emotional release work.

Course work will be given between teaching sessions and this will comprise part of the examination.

Examination

Comprised of a two hour, practical examination and a written paper; external moderation by the APNT.

The School is APNT and BCMA affiliated.