

## Diploma course in BODY REALIGNMENT

- for the release of muscular and fascial restriction in cases of physical and emotional trauma

### Syllabus:

#### Theory

- a. The retention and release of trauma within the body; myo-fascial, energetic and cellular memory clearance. Physical and emotional effects of trauma. Roles of the fascia.
- b. Proprioception and Kinaesthetic Sense. Kinaesthetic dysfunction, causes and resolution
- c. Compensation and muscle-holding patterns. Causes of misalignment, emotional and physical
- d. The theory of Body Realignment. Common causes of misalignment
- e. Common operation positions and processes and their physical/emotional effects. The effect of scarring and adhesions on the body
- f. The subconscious mind and the healing process. The mind/body link
- g. Contraction and expansion – mental and physical
- h. Short and long-term effects of misalignment on the health
- i. The results of realignment and the re-education of the body
- j. The ego and the therapist. The therapist as facilitator
- k. Self-protection, strengthening of one's own energy. Care of one's own health, diet and body
- l. The Inner Smile in Chinese medicine. The organs and the emotions
- m. The client's emotional health and how to facilitate and contain emotional release
- n. Light touch therapy; when less is more
- o. The power of mind over body, of energy over the physical.

#### Practical

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

Course duration – 20 full days = 120 hours. A further 120 hours of coursework will be given between teaching sessions and this will comprise part of the examination.

Examination A two hour, practical examination and a three hour written paper; external moderation by the APNT. The School is APNT and BCMA affiliated. Accreditation pending.

***Next course: Somerset – starts January 2011***