

Body in Harmony Training

DIPLOMA IN BODY REALIGNMENT

Module Summary

Open to therapists with Anatomy, Physiology and Massage qualifications (min. Level 3). Therapists should have at least one year of full-time, hands-on practice behind them before joining this advanced training course. If not, then subject to interview and by decision of the tutor, it may be possible to attend on completion of an agreed number of signed bodywork case studies.

Required: Foundation course (Fascial Unwinding & Energy Awareness 4-day course) (or the 1 day Postural Assessment & Body Reading plus the 3 day Fascial Unwinding courses). Also, 4 signed case studies of 2-hour duration (including full assessments and written client feedback dated approx. two weeks after treatment), must be completed using only the skills learned in the Foundation course, and submitted by the start of Module 1.

If the ScarWork course has not yet been completed, the student should arrange to attend either before or in the early stages of the Diploma course.

To attend a module, the student must have completed the preceding modules. Only modules 3 and 4 are interchangeable. N.B. Full qualification is attained only on completion of all modules and case studies.

Times: 9.15 for prompt start at 9.30am. Finish at 5.00pm daily, 1 hour lunch.

Morning – theory – 9.30 am – 12.30 pm; **Afternoon** – practical 1.30pm – 5.00pm

Venues: 2015/16: Nottingham and Windsor. The modules will be run in both venues over the year with Nottingham starting in November '15 and Windsor starting in 2016 (dates tbc) – pre-booking essential.

Fees:

£120 per day for all modules. A module paid 6 weeks in advance = 10% discount. Full diploma, i.e. all 5 modules paid for 6 weeks in advance of Module 1 start date = 15% discount. Extra costs: student registration with the APNT (£20), student insurance where applicable, examination costs payable 8 weeks prior to exam.

MODULE 1 – THE 4-DIMENSIONAL BEING

3 days:

Theory Day 1: Introduction

1. Body Realignment
 - History of the modality
 - How it works and what conditions can be treated
 - Protocol of a Body Realignment treatment
 - Progression and expected outcomes of treatment
 - Post-treatment information sheet
 - Self-protection
2. The power of light touch

Theory Day 2:

1. Kinaesthetic sense / Proprioception
2. Chakras (part I)
3. Expanding the awareness - the 4-dimensional client assessment
4. Written test on theory from Foundation course (Fascial Unwinding & Energy Awareness).

Theory Day 3:

1. The power of intention
2. Cellular/ energetic/ fascial memory – current theories
3. The Inner Smile meditation

Practical: The practical element of days 1-3 of this module will be the introduction to **Core Technique**, working on each other and developing sufficient skills to be able to practise between modules on friends and family (non-paying).

MODULE 2 – FORM AND FUNCTION

3 days:

Theory Day 1:

1. Primary fascial structures
2. Diseases/conditions of the fascia
3. Fascia as a signalling organ

Theory Day 2:

Biomechanics and the Biotensegrity concept

Theory Day 3:

1. Written test on Module 1
2. Understanding the organs – the chicken and egg effect
3. Scars and adhesions – the physical and emotional ramifications

Practical over the 3 days:

- a. **The Standing Release as:**
 - i. **Completing element of the BR treatment**
 - ii. **A 1st Aid technique**
- b. **The development of skill with Body Realignment focusing on the fluidly adaptive quality of the fascia**
- c. **Learning to dowse (this study will be continued as part of the coursework and revisited periodically prior to Module 5 where it will be put to use practically)**

MODULE 3 – FROM THE FEET UP

3 days:

Theory Day 1: The Feet

1. The foot – function and dysfunction*; effect on body posture. Foot mobilisation exercises
2. Kidney channels, kidney energy vs adrenalized energy, strengthening and clearing kidney energy, the importance of grounding.
3. Treating the body via the feet

Practical: BR treatment working from the feet

Theory Day 2: The Pelvis & Spine

1. The pelvis – function and dysfunction
2. Intrusive spinal procedures – dealing with the residue
3. (Practical) Supine leg mobility assessment and restriction release

Practical: treatment via the Lateral Approach

Theory Day 3: The Coccyx and Spine

1. The spine – function and dysfunction
2. Realigning the coccyx
3. The seated client (and practice)
4. Written test on Module 2

Practical:

Full BR treatment

*** The ‘function and dysfunction’ element of Modules 3 and 4 covers: assessment of function, common dysfunctional conditions and the possible causes, common operations and their scar sites.**

MODULE 4 – FROM THE HEAD DOWN

3 days:

Day 1: Head and Neck

1. Head and neck – function and dysfunction
2. The TMJ - function and dysfunction
3. (Practical) Resistance release - neck
4. (Practical) TMJ release

Practical: BR working from the head

Theory Day 2: Shoulders

1. The Shoulders – function and dysfunction
2. Whiplash - effects and treatment

Practical:

- a. Supine shoulder mobility assessment and release
- b. Whiplash release technique

Theory Day 3: The Abdomen

1. Working with pregnancy and SPD
2. Abdominal release techniques
3. Written test on common operations, the resulting scar sites and possible complications

Practical: BR working from the abdomen

MODULE 5 – ENERGY

2 days:

Day 1:

Morning:

1. Vibrational medicine as an adjunct to Body Realignment – using essences
2. The Chakras (part II)
3. Body Pendling

Afternoon: Clinic session – a practical afternoon run in clinic format, working on members of the public with Body Realignment.

Day 2:

1. Money as energy
2. Manifestation and creating your vision
3. How to set up in practice.
4. Charging for your work
5. Mock Exam

Coursework:

There is ongoing evaluation throughout this diploma consisting of written tests, set coursework, meditation practice and dowsing practice.

During the class, students will work on each other – this ensures they feel the value and benefit from the results of a course of Body Realignment. To gain the Diploma in Body Realignment certificate, 6 case studies (6 full treatments per study) must be completed as coursework and submitted within 6 months of the final examination. Body in Harmony Training is an APNT (Association of Physical and Natural Therapists) accredited and BCMA affiliated school with external moderation by the APNT.

