

Body in Harmony Training

Diploma Course in Body Realignment

Clearing physical and emotional trauma through fascial release



Tutor: Jan Trewartha B.A. (Hons.)

Jan has been in healthcare since 1979. Originally trained as a State Registered Nurse, she started learning to massage whilst travelling abroad in 1989, went into practice in 1992, and over the years has developed her skills to become a specialist in physical and emotional trauma release. Jan has been teaching massage, bodywork, meditation and self-development since 1993. She is the Founder and Principal of Body in Harmony Training.

Jan is also the Fascia & Energy Consultant for the APNT (Association of Physical and Natural Therapists) and sits on the Executive Committee. The School is fully accredited by the APNT and the British Complementary Medicine Association (BCMA) and is the organising force behind the British Fascia Symposium which first ran in May 2014 and will be repeated in June 2016.

My journey.... I left nursing and became a massage therapist, a job I always loved. But I always felt there was something more I should be able to do for people. I had a history of chronic pain myself and had never expected to find relief and healing, but one day I came across this approach of Positional Release; I was so excited by what it did for me and for my body - it was more than I had ever hoped for. So in 1997 I trained and I have spent the years since developing and refining the work, enhancing it with my knowledge of the energy field. About six years ago I founded Body in Harmony Training to teach the diploma in Body Realignment.

Through this course I take my students into a different world – the world of fascia, energy, resonance and deep awareness. It is an exciting journey and I love to walk alongside them, watching them transform as people and as therapists.

You may well not have heard of Body Realignment but in deciding to train you will be taking a step that will change your life. Everything starts somewhere and this course started from my absolute knowledge that I had to teach what I had developed over the years. As Body Realignment increase in number, as I get feedback about the work they are achieving, from people so grateful for what the therapy does for them, I know I made the right decision. The knowledge is spreading and we are part of the vanguard in fascial release work. It excites me so much to see a future where people understand the possible source of their pain, choose to address the cause rather than take painkillers, and start to listen to what their ever-intelligent body tells them.

Jan

Why train as a Body Realigner?:

- Because as a modality, Body Realignment has huge potential – with it you can work with anything from sports injuries, neck whiplash, Repetitive Strain Injury, chronic back pain and major internal distortion caused by scars and adhesions, to emotional trauma and stress. Gentle enough to work with the ill and the elderly, and powerful enough to deal with complex injuries in athletes
- Because Body Realignment is an holistic therapy, working with the complete body and seeing it in 4D. It works on all levels from clearing blocks in the energy field to freeing deep fascial restrictions, from rebalancing the emotional state to reintegrating scar tissue and adhesions into the fascial network
- Because Body Realignment is not new and untried – the core technique has branched off and developed from osteopath Arthur Pauls' work, Ortho-Bionomy. Pauls realised, many decades ago, that the soft tissues of the body hold the memory of injury and usually need to be freed of those holding patterns before the skeleton will stabilise
- Because the effects are long-term and tangible; there is high job satisfaction
- Because fascial release work is sweeping the world of therapy as *the* approach to physical injury and emotional imbalance
- Because you know deep within you that there must be more you can do to help your clients and because you have started to feel yourself working at a deeper level of intuition, resonating with the body and/or the energy field
- Because you want to develop your skills to a much higher level and train in something really exciting and rewarding
- Because you want to develop yourself as a person in order to be the best therapist that you can be
- Because you want to clear your own body of past injury/trauma and move forward

What is Body Realignment? Body Realignment is a therapy that works to clear misalignment in the body; this may come from injury, repetitive strain, emotional distress, scars and adhesions or other reasons. Such misalignment can create deep torsion and tension within the body, putting pressure on organs, reducing mobility and function, and often leading to chronic pain and distress. The therapy works by clearing fascial restriction through facilitated positional release.

Fascial release work is increasingly recognised and understood as being vital if we are to really help clients with physical and emotional damage. Science is now starting to prove what therapists know from their own experience – that the body remembers trauma - and because of that proof, and because of the powerful therapeutic effect of fascial release work, there is increased openness to this approach. Therapists training now are in the vanguard of this movement. If you are a physical therapist frustrated by the constant recurrence of the same issues in your clients, and wanting to help people make permanent shifts in their health, this training may be for you.

The course is self-developmental and, as it progresses, the student is taken to a higher level of work, expanding awareness and trust in intuition and learning a lighter touch through the subtlety of the 'less is more' concept.

For a video demonstration of Body Realignment see www.bodyinharmony.org.uk and follow the link to the Training School.

The technique has been reported to help conditions such as: neck whiplash, Repetitive Strain Injury (RSI), chronic physical pain (e.g. back, neck, joints); chronic headaches; emotional imbalances; slow healing after injuries; poorly-healed scars; adhesions, bad posture, deeply-held trauma (physical/emotional); sports injuries (including old, consolidated injuries), and many others.

How long is a treatment? A BR treatment takes, for the student, approx. 2 hours but with experience can be reduced to 1.5 hours.

Course structure: The Diploma in Body Realignment consists of five modules; 4 x 3 days and 1 x 2 days. See the Summary of Modules information sheet for details.

Self-development: Please be aware that it is necessary for students to make a good start on the process of self-development during their training through the clearance of their own emotional and physical traumatic history; this happens as a natural side-effect of being worked on in the class. All support is offered by the tutor to assist the student in this process, however students from an extremely traumatised background are advised to have started to work on themselves before beginning this training and/or to be supported by a counsellor.

Examination and qualification: The student will be assessed throughout the course. The final examination, with external moderation by the APNT, will be an observed, practical 2-hour treatment, a 3-hour written paper, a practical Quality of Touch assessment and a Body Reading assessment.

Body in Harmony Training is an accredited school under the Association of Physical and Natural Therapies (APNT) and affiliated to the British Complementary Medicine Association (BCMA).

Application: You will need to fill out the Application Form (available from the school or the website) and return it to the School with relevant documents and deposit to secure your place.

Professional Standards: All students will be required to read and sign the APNT's Code of Ethics and Code of Conduct. The School maintains high levels of professional standards. All students are expected to maintain these standards and the good reputation of the School.

