

Body Harmony London
presents

The Spinal Experience

A 5 day Body Harmony
class on The Spine

with

Dr Don McFarland

Master Bodyworker and
founder of Body Harmony

and

Linda Gill McFarland

International Body Harmony Teacher

Body Harmony® is a form of therapeutic bodywork which stimulates the innate healing response that resides within everyone. A physical "listening" touch, tailored to the uniqueness of each individual body, is applied to create a healing environment where optimum health and balance is restored. It is the art and practice of aligning your body with your intentions.

*"Look well to the spine as the cause of all
disease"* Hippocrates, the Father of Medicine.

August 20th - 24th, 10am - 5pm
St Mary's Church Hall
Glastonbury UK

This course is an instruction manual for anyone with a spine.

In this class, using the Body Harmony' process, you will be given the opportunity to make friends with and take care of your spine; see how you can become aware not only of the physical aspects of how the spine supports and connects with the organs of the body, but also of its metaphysical function and potential.

The results of this awareness can be a major resource opening up for you - better health, posture and vitality, and a greater access to possibilities and choice.

There is a visit to Stonehenge as part of the class, with private access into the Stone Circle, to explore how this ancient place of power can expand the awareness and experience of our structure, and support the manifestation of our intentions.

The class is being held in the centre of Glastonbury, a beautiful, powerful place of pilgrimage and transformation. Participants will have the opportunity to visit the sacred sites of the Tor, the Chalice Well and the Abbey, and discover for themselves the magic of Avalon.

As this is high tourist season, early booking of accommodation is advised. Contact Susy for information on hotels, B&B's and camping.

Don McFarland has impressive credentials as both a teacher and a healer acquired over many decades. With his passion to find the most effective way to establish total health, he is continually exploring new discoveries and this willingness combined of his awesome knowledge of the human body, and his ability to demonstrate this knowledge, makes being in class with him a life-changing experience.

Two decades of working in private practice and teaching Body Harmony have helped **Linda McFarland** develop her transformational skills. With a life-long interest in health, movement, breath, diet, art and family dynamics, she continually expands her expertise as a Body Harmony teacher. Linda co-teaches with Don world-wide.

Together they make an amazing team!

Cost: £650

£100 non refundable deposit

Early bird price £550 if deposit paid by May 31st

Balance to be paid by July 31st

Please make cheques payable to Susy Joy and
send to:

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