

**Body Harmony London**  
*presents*

**ALIGN YOUR BODY  
TRANSFORM YOUR LIFE**

A wonderful weekend of Body Harmony®  
with International Body Harmony® teachers

**Duncan Hogg &  
Ginna Carruthers**  
from Australia.

**Saturday & Sunday  
19th & 20th April  
10.00am to 5.30pm**

**Free Introductory Talk**  
by Duncan & Ginna on  
**Thursday 17th April 7.30pm**

**Yoga Therapy Centre  
Penton Street, Islington N1 9HS**

Organised by

David Webb: 020 7713 7668  
Susy Joy: 01458 833 311

**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.**

Body Harmony® is the art and practice of aligning your body with your intentions.

**During this weekend you will discover the posture and state of mind that enables you to be healthier and happier.**

From this place of easier posture, your hopes and desires have a more fertile ground in which to grow and flourish.

Duncan and Ginna each have over 20 years experience as Body Harmony® practitioners and teachers. They practice and present classes at home in Australia, and in Europe and Asia. They also organise and teach, along with the Founder of Body Harmony, Dr. Don McFarland, and Linda Gill McFarland, the Body Harmony International Events in various venues around the world, and the One-Month Intensive Bodywork Retreat at their property near Noosa, Australia. Ginna's background includes studies in psychology, ecopsychology, Natural Systems Thinking Process, yoga, meditation, movement and breathing therapeutics. Duncan has particular interest in attitude and posture, psychology, behaviour and relationships, movement, breathing therapeutics and health in general.

**They are clear communicators, excellent teachers - and a lot of fun!**

This weekend is open to anyone with a body! Whatever your interest - personal growth, better health or professional development - this weekend will give you skills to help you, your family, friends and others to experience an even more fulfilling life.

**Seminar cost: £220**

**£190** if full payment received by March 26th.

For further information please contact:

**david@jukeboxlondon.co.uk** or  
**susy@susyjoy.co.uk**

To register please send a non-refundable deposit of £75 payable to:

**David Webb, 16 Colebrooke Row, London N1 8DB**