

Body Harmony London  
*presents*

A five day Body Harmony® Class

# CONNECTIONS

**Healing Joints, Tendons and Ligaments**

***Dr Don McFarland***

**Master Bodyworker and  
Founder of Body Harmony®  
and**

***Linda Gill McFarland***

**International Body Harmony Teacher**

Many people believe that the soreness and stiffness of the joints, and related arthritic symptoms that they experience, have to be a part of "aging", or are an inevitable outcome of a frenetic and overloaded pace of modern life. **They do not have to be. They are not a normal, natural outcome of life!**



This **Body Harmony®** class can teach you how to avoid or reverse these kind of symptoms, and those of repetitive strain, sports injuries or other stress-related issues which otherwise would tend to wear down and tear up your joint complex.

These five days offer the opportunity to become acquainted with the fluid nature of your body. The basic principles of **Body Harmony®** will teach you how to maintain health in your joints, tendons and ligaments, and give you tools to create greater flexibility, ease and vitality.

**Treat these structures right and they will treat you right!**

**Thursday 21st May - Monday 25th May  
Glastonbury UK**

**The Promise of the class is this:**

**You will learn and experience 10 ways to protect and heal your joints!**

**Body Harmony®** is a form of therapeutic bodywork which stimulates the innate healing response that resides within everyone. A "listening" physical 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.

The results of the increased awareness gained through Body Harmony® can be a major resource for you leading to better health, posture and vitality, and a greater access to possibilities and choice.

The class is being held in the centre of Glastonbury, a beautiful, powerful place of pilgrimage and transformation. There is a visit to Stonehenge at sunset 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.

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 continues to explore new methods. This willingness, combined with his awesome knowledge of the human body, plus 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!***

Don and Linda, working together, will be available for private sessions in London on Monday 18th May and in Glastonbury on Wednesday 20th May and Tuesday 26th May.

Cost: £700

**£100 non refundable deposit**

Early bird price £550 if deposit paid by Feb 28th

Balance to be paid by April 30th

Please make cheques payable to Susy Joy and send to:  
39 Whiting Road, Glastonbury, BA6 8HR

**Contact:**

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