

2010 ONE MONTH BODY HARMONY RETREAT



A Pure Inspiration For Your Whole Body

Presented by

DR. DON MCFARLAND DC
WITH LINDA GILL-MCFARLAND,
GINA CARRUTHERS-HOGG AND DUNCAN HOGG

October 2010, Australia.

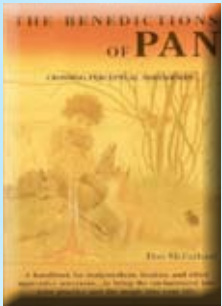
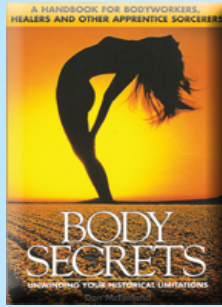


DR. DON MCFARLAND DC

The combination of running a bodywork practice concurrent with graduate studies in Clinical Psychology highlighted a very clear principle for Don: The Issue is in the Tissue. And it doesn't have to stay there. The purpose of Body Harmony® is to harmonize a body and a mind to sing the same song and dance the same dance, and thereby open a doorway to a more Complete Life.

Don McFarland is the founder of Body Harmony®, a procedural pathway that evolved over six decades of synergistic integration, spanning the full spectrum of the transformational arts. He was certified by Dr. Ida Rolf in Structural Integration, by Judith Aston as an Aston Patterning Teacher, and by the State of California as a Licensed Doctor of Chiropractic. Don maintains a practice in California while spending six to eight months a year teaching Internationally.

Don is also the author of 'Body Secrets' and 'The Benedictions of Pan'.



'After only four days at the recent One Month Body Harmony Retreat my shoulder has improved to the point where the surgeon cancelled the surgery to re-attach my torn tendon, due the following week.'

LINDA GILL-MCFARLAND I love the art of our work and I have a great appreciation for the uniqueness of both our clientele and our work.

The more I work, the more I can see of the harmony that is all around me.

My question is always about bringing more of this into our actions and into the quality of our lives. Throughout my life I have studied many kinds of healing, and continue to do so. I have been a Body Harmony teacher and practitioner for over 20 years; teaching all over Europe and Australia as well as the USA.



DUNCAN HOGG For 22 years my fascination has continued to grow. I love practicing the work - which I have had the pleasure of doing as a teacher as well as a practitioner in many countries with many different people. Body Harmony® has opened the door - and my eyes - to a unique transformational possibility and pathway. Mind -body medicine, manual medicine - is an expanding pro-active health care approach where you have the opportunity to harness the best of your internal resources. When something delivers such good results - why wouldn't you want to be a part of it?

GINA CARRUTHERS-HOGG BSC (PSYCH) I've undertaken extensive studies in touch therapies and Body Harmony® since my first encounter with Dr. Don McFarland in 1986. My background and interests include studies in psychology, with a focus on Natural Systems Thinking Process, Eastern Philosophy, Ecopsychology, Art and Natural birthing processes. I am available as a resource during this program to help negotiate any challenges that may arise.



PROGRAM SCHEDULE

OCT 1 - 6 TOWARDS A HEALTHIER PHYSIOLOGY

These first 6 days build a foundation for learning and practising the work. The fundamentals of any successful bodywork interaction are explored through giving, receiving and coaching. Experiential exercises, demonstrations and relevant case histories are all utilised to enhance the quality of each treatment. Movement therapeutics, up-to-date physics and science, understandings of perception, posture, physiology and much more are woven together to allow you to appreciate more of the Body Harmony® experience.

Taken As This Class Only

EARLY REGISTRATION \$990.00 / REGULAR TUITION \$1100.00

OCT 8 - 26 THE INTENTION & MANIFESTATION 11 SESSION BODYWORK PROGRAM

This 15 day program is divided into three five day sections. Eleven specific bodywork sessions are presented allowing participants to work through the whole body, from the tip of the cranium to the pads of the feet. Teaching and feedback is focused towards learning the art of each application. Each session is viewed from a multiplicity of dimensions, - spiritual, emotional, physical, cognitive and biochemical. Don McFarland, the founder of Body Harmony®, presents this once-a-year opportunity to appreciate the power of Body Harmony® through your continuous exposure, - step by step, day by day and layer by layer.

1. FRONT OF BODY / TORSO. NECK TO PELVIS
2. BACK OF BODY / TORSO. HAMSTRINGS/SITZ-BONES TO NECK
3. LEGS. UNDERSTANDING. HIPS TO FEET. ANKLES
4. SIDES OF BODY. WHERE FRONT AND BACK MEET.
5. INSIDE LEGS. WHERE FRONT AND BACK MEET. ARCH OF FOOT TO PELVIS
6. ABDOMEN. BETWEEN THORACIC AND PELVIC DIAPHRAGMS. ALL ORGANS. 4 QUADRANTS.
7. SACRUM AND SPINE
8. SHOULDER GIRDLE. ALL JOINTS BETWEEN COLLAR BONE/SHOULDERS AND FINGER TIPS.
9. NECK AND HEAD
10. ON AND OFF BODY
11. ENERGY CENTRES. EVERY JOINT WHERE 2 OR MORE BONES MEET IS AN ENERGY CENTRE.

Taken As This Class Only

EARLY REGISTRATION \$2145.00 / REGULAR TUITION \$2680.00

OCT 13-15 NORTH STRADBROKE ISLAND TRIP

North Stradbroke is a pristine and beautiful island located east of Brisbane, and is only accessible by car ferry. Last year's trip proved to be a great success. Our accomodation is just a few minutes walk from a long, clean sandy beach. The accomodation and tranport costs of this trip are included for all participants of the full month program.

OCT 28 - OCT 31 PURE MOVEMENT EXPLORATIONS

Central to the embodiment elements of Body Harmony® is internal journeying. These four days will offer participants an additional depth of experience through applications and adaptations of breath therapeutics, micro-movement, sound, movement meditation, an 'ancestral journey' presentation and more.

Taken As This Class Only

EARLY REGISTRATION \$660.00 / REGULAR TUITION \$730.00



PROGRAM SCHEDULE

OCT 1 - 6	<u>IN CLASS (FRIDAY - WEDNESDAY)</u>
OCT 7	FREE DAY - NO CLASS (THURSDAY)
OCT 8 - 12	<u>IN CLASS (FRIDAY - TUESDAY)</u>
OCT 13 - 15	STRADBROKE ISLAND TRAVEL
OCT 16 - 20	<u>IN CLASS (SATURDAY - WEDNESDAY)</u>
OCT 21	FREE DAY - NO CLASS (THURSDAY)
OCT 22 - 26	<u>IN CLASS (FRIDAY - TUESDAY)</u>
OCT 27	FREE DAY - NO CLASS (WEDNESDAY)
OCT 28 - 31	<u>IN CLASS (THURSDAY - SUNDAY)</u>



CLASS HOURS

Class hours run daily from 9:30 am - 4:30 pm with a 90 minute lunch break.

PRACTITIONERS & PARTICIPANTS

Individuals seeking sponsorship as practitioners during this class are invited to inform the teaching staff of their intentions in advance in order that support can be oriented towards the achievement of this goal.

Not all participants choose to attend with the goal to become practitioners.

All hours of this program apply to class-time hours taken for sponsorship within the International Body Harmony Guild.

A Retreat With A Difference.

In this retreat we offer you well over 120 years of combined bodywork experience, expertly guided by the founder of Body Harmony®, Dr. Don McFarland. As each new day builds upon the last, the cumulative effect of each day's bodywork touches places within you long forgotten, opening the door to a physical renewal you may not have ever considered possible.

Body Harmony® - where massage, bodywork, manual therapy and energetic medicine meet. Speaking the unique language of your body.

The high ratio of teachers supports the integration of new skills. The private seminar facility with abundant Australian wildlife enhances the transformational context of this retreat. The environment of Noosa and the surrounding Sunshine Coast of Queensland offers the traveller an unequalled experience of the Australian east coast. Please contact us directly to discuss your participation today. We offer assistance to participants with regard to travel and accommodation, as well as all the logistical information to help make your travel planning easier.

For the practitioner seeking to expand their skills this program offers a rich learning opportunity.

Body Harmony® creates a healing environment where optimum health and balance is restored and maintained. The Body Harmony Experience opens your eyes to the mysteries of the body and from there to the world. We take the mystery out of hands-on healing. Simple principles applied consciously, can achieve big results.

Have a look at some of the photo galleries of events past [click here](#).



ACCOMMODATION OPTIONS FOR TRAVELLERS

There are two options that we can assist people with regarding accommodation. The first option is renting a bedroom with other participants from the program in the Noosa Heads / Noosaville area. We arrange units and houses with private or shared bathroom facilities for participants that are close to all the amenities of Noosa, including shops, cafes and the Noosa River. Allow approximately A\$35 - \$40 dollars per night for this.

Transport to and from the venue each day is generally coordinated by a car pooling system, which has worked successfully for the last nine years. We suggest that people choose accommodation centred around the Noosa area for ease of access to other participants staying in Noosa.

The other option we offer is to camp in the grounds of where our house and the seminar venue is located on our private acreage, 'Alaya Verde'. Camping is available at a cost of A\$20/night. We have refrigeration for your food, basic cooking facilities and hot showers. Our assistants for the event will help you get organised as we are 12 minutes drive from the closest town. The benefits of choosing to stay at 'Alaya Verde' are multifaceted and recommended if you prefer a more direct experience of the environment. Please let us know ASAP if you will be camping as spaces are limited. The seminar venue is available in the evenings to read or watch a movie with the other participants staying on site. You can have a swim during the lunch break of the seminar.

ONLINE INFORMATION & PAYMENT

To access information about this event online or make a payment please click [HERE](#).

CONTACT US

By phone on 61 (0)7 5485 3099. By e-mail - duncan@healthinperspective.org

TUITION INFORMATION

Investment	Early registration A\$3545 / Regular A\$3995
Reviewers*	Early registration A\$3145 / Regular A\$3445

Early Registration Date	May 1, 2010.
Final payment date	September 15, 2010.
Deposit Amount	A\$375.00

----- Please note ALL deposit payments are NON-refundable and NON-transferable.-----

----- All prices quoted are in Australian currency and are GST inclusive. ----- *of the full One Month Program only.

Cancellation Policy: All program registration fees are non-refundable and non-transferable. Program payments will be refunded if cancellation is received in writing via fax, e-mail or post prior to 30 days before the start date of any workshop. Cancellations within 30 days of the start day of any workshop will not be refunded. In the event of life threatening illness, death in the family or natural disaster, credit, less the registration fee, will be extended for another Body Harmony® One Month Bodywork Retreat in Noosa. No cash refunds.