

## Trainer

Deva Daricha –

Founder of Body Transformation 03 5965 2325

Body Transformation Practitioners trained to

Level 1\* • Level 2\*\* • Level 3\*\*\*

### Assistant Trainers

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John Tucker (VIC)	03 5965 2324
Peter Worboys (NSW)	0417 670 190
Suzanne Zankin (ACT)	02 6288 9808
Anthony Bone (TAS)	0408 132 562

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Christina Alexander (Research)***	03 9437 1096
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Melissa Johnson (Melbourne)*	0421 507 798
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## Western Australia

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Johan Krook (Sydney)**	0415 823 010
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## South Australia

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## Northern Territory

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## Overseas

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# BODY TRANSFORMATION



*Where your body is,  
your life is.*

[www.humantransformation.com.au](http://www.humantransformation.com.au)

# WHERE YOUR BODY IS, YOUR LIFE IS.

## *What is Body Transformation?*

The body remembers everything that we have ever experienced. All of our joy and all of our pain is remembered and unconsciously stored in the body's organic mind.

Where we have not been able to release or resolve stress, we internalise it. The memory of these experiences can crystallise in the tissue in many ways such as muscular tightness, body pains and inhibited breathing.

These body memories, that are often outside our awareness, influence our thinking, emotions, behaviour. They limit our capacity to give and receive love, to trust in our own judgement, to easily step into new situations and to take up new projects.

## *The Benefits*

Body Transformation is of benefit to every body. It can be seen as part of one's health management.

It invites an increased flow of energy, greater capacity for movement, improved feeling of well-being and the ability to perform physically and mentally at a higher level. With the release of unconscious memories that

have controlled our perception, we can be open to increased intimacy and move into the world with less fear. We can experience a greater sense of unity with the deepest part of our being.

## *The Process*

Body Transformation is usually offered as a series of twelve ninety minute sessions. It utilises a unique blend of deep tissue and subtle bodywork to enable a wholistic body re-education to realign the body, correct postural imbalances and facilitate release of tension.

## *Sessions 1 - 3*

In these sessions we begin the initial opening: releasing inhibited patterns of breathing, inviting more vital organic life force and enabling the rediscovery of the flow of feeling life in the body.

## *Sessions 4 - 6*

These sessions work deeply to release holdings in the musculature and attachments to the pelvis, lower back, belly and legs. As the lower body is the foundation of the whole,

this enables a gradual recovery of our natural ease of movement, flexibility and grace.

## *Session 7*

With the releasing and balancing of the neck, skull and face, the intellect is invited to assume its appropriate place at the service of our knowing rather than overriding it.

## *Sessions 8 - 9*

Analysis and specific work to integrate the top half of the body with the bottom according to the individual's needs.

## *Sessions 10 - 12*

The subtle bodywork sessions can release holdings through the entire digestive tract. This enables healing of incomplete aspects of our early development and unfolding. These sessions can also clear aspects of the past that inhibit our experience of bliss and connection to higher consciousness.

