



## Body Intelligence Training with Sally Carmichael at Barnsdale Lodge

**Your mind and body are in cahoots. What you think affects how your body behaves and what you do with your body affects how you think.**

Now this might sound a bit 'out there' however, Sally Carmichael has 20 years experience in the field of movement education, and trains with the best.

"I have integrated existing movement disciplines and somatic methods to evolve what is known as Body Intelligence." Explains Sally.

Sally helps to develop people's awareness of the connection between thinking, feeling and moving. This awareness is the body's own intelligence guidance system that has to be trained, just like a muscle so that we can use it effectively. She uses bodymapping, movement techniques from eastern and western technologies, psychology and somatics to help individuals develop their own body's intelligence.

Barnsdale Lodge are offering a two day retreat so that you can discover how these amazing

techniques can help to improve your skills development for any sport, injury rehabilitation and/or creative performance. You will have a complete body check to map your weaknesses and strengths and workshops throughout the 2 days that will help you to link how you think and feel to how you move.

If you would like to be in touch with your own body and realise how you feel, then you will find Sally a very interesting person. Sally has a very open view and will teach you as an individual to expose your potential.

**Date: March 3rd and 4th 2012**  
**Residential price includes room and full board - £345 (£395 Single occupancy)**  
**Non-residential includes lunch and refreshments - £195**  
**To book or for more details contact Dee Spurdle on 01572 725971 or email [dspurdle@barnsdalelodge.co.uk](mailto:dspurdle@barnsdalelodge.co.uk). Further information can be found on [www.barnsdalelodge.co.uk](http://www.barnsdalelodge.co.uk)**