

Communication and our body

**Our greatest ally for communication
is our body.**



This course will be a space to explore the common reasons we don't speak up and how that can affect the body.

The sessions include discussion and gentle connective tissue exercises to build greater awareness of the most powerful asset we have in communication – our body.

Session Times

5-weekly sessions

Recording available for 7 days

Cost \$100

Bookings via QR code



or

<https://bit.ly/4dMZyP2>

Questions:

Email:

lucy@lucydahill.com

jane@structuralharmony.co.uk

Group 1

Aus EST

Thurs 29th August, 5th, 12th, 19th, 26th September

Time:

4am NSW AEST

UK/Europe

Wed 28th August, 4th, 11th, 18th, 25th September

Time:

7pm GMT, 8pm Euro

Group 2

Aus EST

Mon 2nd, 9th, 16th, 23rd, 30th September

Time: 5.30pm NSW AEST

UK/Europe

Mon 2nd, 9th, 16th, 23rd, 30th September

Time: 8.30am GMT, 9.30am Euro

Lucy Dahill recently completed a PhD in parent adolescent communication and has furthered this research considering the lasting impact of words on our physical and mental health. Her passion for sharing this course is to support attendees to see how we can bring more awareness to the impacts of how we communicate and how we receive the communication to and around us. www.lucydahill.com

Jane Torvaney works as a physiotherapist and has run workshops both nationally and internationally on a wide range of topics, including communication, that impact our health and well-being. Her joy of the body and how it interacts to support us in our everyday lives she shares unreservedly. Jane's website www.structuralharmony.co.uk

The wonder of our body and its communication awaits