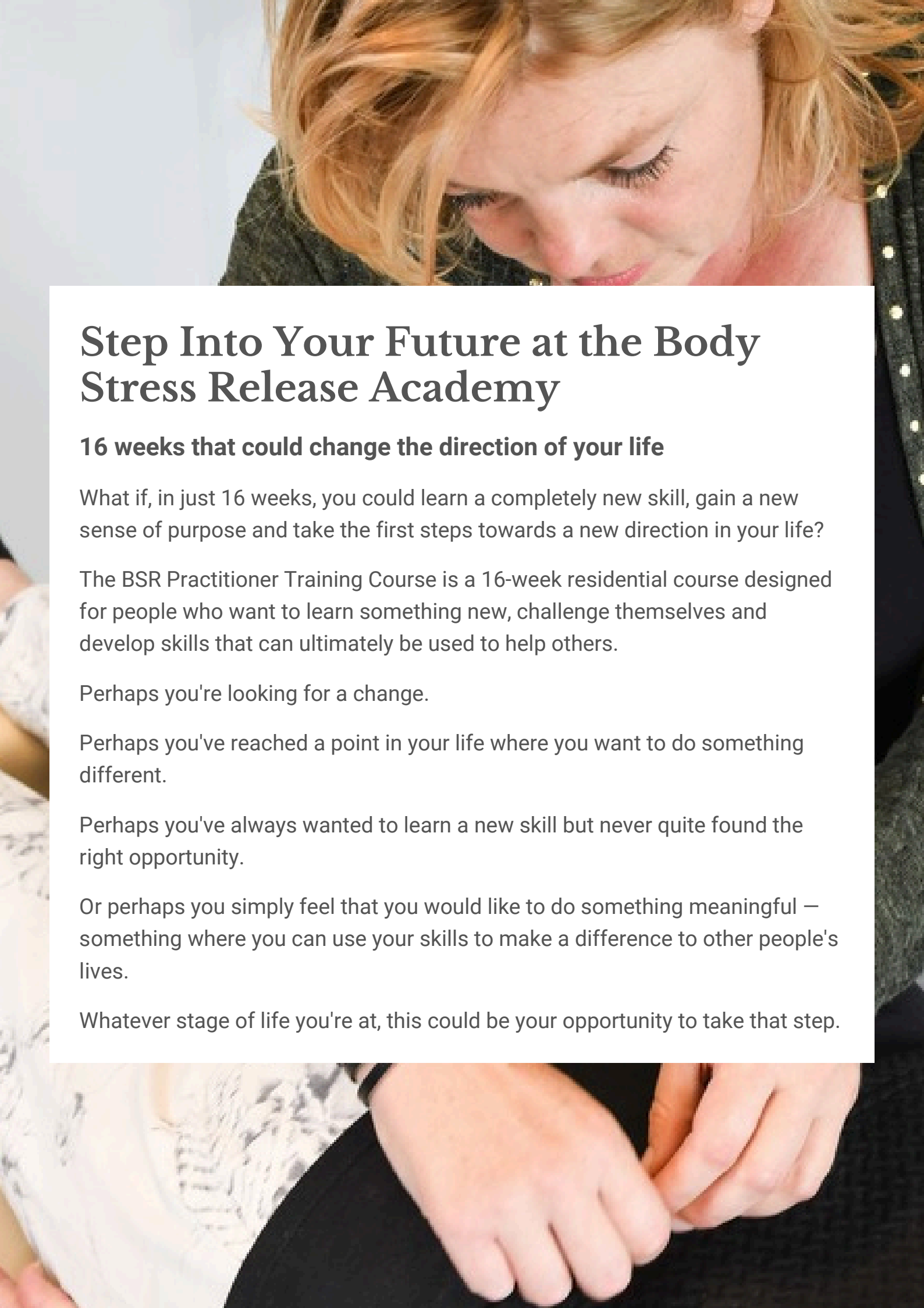


Body Stress Release

Academy



Step Into Your Future at the Body Stress Release Academy

16 weeks that could change the direction of your life

What if, in just 16 weeks, you could learn a completely new skill, gain a new sense of purpose and take the first steps towards a new direction in your life?

The BSR Practitioner Training Course is a 16-week residential course designed for people who want to learn something new, challenge themselves and develop skills that can ultimately be used to help others.

Perhaps you're looking for a change.

Perhaps you've reached a point in your life where you want to do something different.

Perhaps you've always wanted to learn a new skill but never quite found the right opportunity.

Or perhaps you simply feel that you would like to do something meaningful — something where you can use your skills to make a difference to other people's lives.

Whatever stage of life you're at, this could be your opportunity to take that step.

Imagine spending 16 weeks learning something completely new...

Imagine waking up surrounded by the beautiful Norfolk countryside, strolling across a pretty courtyard with your morning coffee and being just a few steps away from your classroom.



Imagine spending your days learning an incredible new skill, gaining confidence, making new friends and sharing plenty of laughter along the way.

Then, when the day's learning is done, you can explore the beautiful Norfolk Broads, discover a fabulous beach, enjoy a meal with your fellow students — or simply relax and take some time for yourself.



This is life at the BSR Practitioner Academy.

But this isn't simply 16 weeks away from home.

It's 16 weeks invested in you.

Learn. Practise. Grow. Help Others.

Training to become a BSR practitioner is an exciting journey.

It’s challenging. It's intensive. And there will be times when you have to work hard and push yourself.

But with that challenge comes an incredible sense of achievement as you begin to develop a skill that, once qualified, can be used to help other people.

We believe that learning should also be enjoyable. That's why we aim to create a supportive, friendly environment where you can learn, ask questions, practise, make mistakes, build confidence and celebrate your progress.

Every day brings something new.

And every day takes you one step closer to becoming a practitioner.





Your day begins with connection

We start each morning with a relaxed catch-up.

Someone may have discovered a beautiful countryside walk. Someone else may have found a fantastic restaurant, a hidden gem of a beach or a charming seaside town.

It might only take a few minutes, but these little moments are part of what makes Academy life so special.

Then it's time to get stuck in!









Discover what it takes to become a BSR practitioner

Your mornings are packed with fascinating learning.

You'll explore **Client Management** and discover how important the relationship between practitioner and client really is.

You'll delve into **Philosophy**, exploring different beliefs, perspectives and world views so that you can communicate with and understand people from all walks of life.

And you'll learn the **Principles of Body Stress Release**, developing the understanding that underpins everything you will eventually do as a practitioner.

Then comes **Anatomy**, where you begin to understand the incredible structure of the human body.

And that's where the pieces start coming together.

From learning to doing

The afternoons are where theory becomes practical.

You'll learn about technique, palpation and practical application, gradually developing your skills through guided practice.

We teach anatomy alongside technique, allowing you to immediately see how the two connect.

It's like putting together a jigsaw puzzle.

At first, you see individual pieces. Then, little by little, the picture starts to emerge.

And as the course progresses, those pieces come together into a much bigger understanding of BSR.

You'll also take part in **Communication lessons**, helping you develop the confidence to talk about BSR with clients and the wider public.

Because becoming a great practitioner isn't just about knowing what to do.

It's about having the confidence to do it.





Learning doesn't stop when class finishes

Although your evenings are your own, the learning doesn't simply stop when you leave the classroom.

Students are expected to study and review what they have learned each day and, importantly, to practise their new skills.

This is a key part of the course.

Each day builds on the one before it, so taking the time to revisit your learning and practise with fellow students helps reinforce your new skills and knowledge. The aim is that, step by step, **each new technique becomes more familiar, more natural and eventually second nature.**

You'll often find students practising together in the evenings, talking through what they've learned and helping each other to understand and remember the finer details.

It can be hard work — but it can also be one of the most rewarding parts of the experience.

There's something incredibly satisfying about practising something that felt completely new in the morning and realising, a few days later, that it is beginning to feel natural.

That's how confidence grows.



There’s time to enjoy the experience too

We know that taking on something as demanding as practitioner training requires time, energy and concentration.

That's why we deliberately build breathing space into the week.

Lunch is a generous 90 minutes — giving you time to eat, go for a walk, catch up with family, answer emails or simply enjoy the surroundings.

And when class finishes, your evening is your own — **once you've given your learning the attention it deserves!**

Cook dinner together with your fellow students. Head out for a meal. Find somewhere to swim. Explore the local area.

Or close the door of your cottage, put your feet up and enjoy some well-earned quiet time.





And then there's Norfolk...

One day each week is a half day — either Wednesday or Friday — giving you even more opportunity to unwind and explore.

The Norfolk Broads are right on your doorstep, with beautiful countryside, waterways, villages and coastal areas waiting to be discovered.

And with the nearest beach only around 20 minutes away, you don't have to go far to escape for a few hours.

Sometimes a change of scenery is exactly what you need.







More than training — a new chapter

A 16-week residential course is a commitment.

But it can also be an opportunity to press pause on everyday life and give yourself the time and space to learn something that could open a completely new chapter.

You may arrive at the Academy with questions about what comes next.

You may be looking for a career change, a new direction or simply something that feels more rewarding.

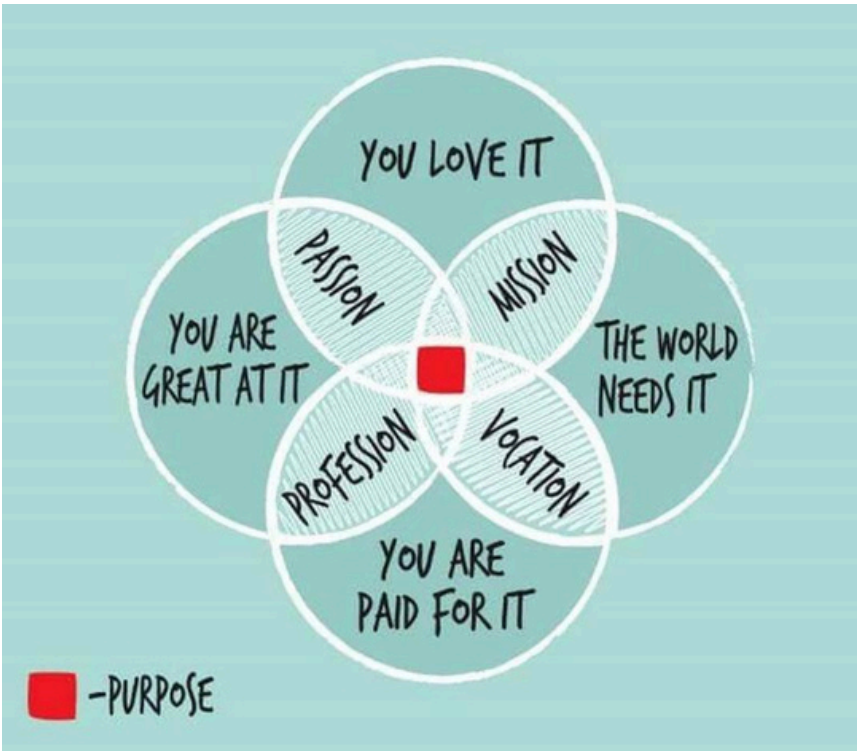
You may have spent years caring for other people and now feel ready to invest some time in yourself.

Or perhaps you're at a stage in life where you're thinking:

"What would I really like to do next?"

Learning BSR could give you the opportunity to develop a new skill that can be used to **help and support other people** — while giving you the opportunity to build something new for yourself.

And there is something incredibly rewarding about learning a skill and then being able to use that knowledge to help someone else.



Imagine where you could be 16 weeks from now...

You could arrive at Hall Farm Cottages with little or no experience of BSR.

You could spend 16 weeks learning, studying, practising and developing your skills.

You could make new friendships, build your confidence and discover that you're capable of far more than you thought.

And you could leave with the knowledge and practical skills to take your next steps towards becoming a BSR practitioner.

That is a pretty exciting prospect.

Your next chapter could start here.

If you've been thinking about making a change, learning something new or finding a way to use your skills to help others, perhaps now is the time to take that first step.

Give yourself 16 weeks.

Give yourself the opportunity to learn something new.

Give yourself the chance to discover what you're capable of.

Come to Norfolk.

Come ready to learn.

Come ready to work hard.

Come ready to practise.

Come ready to laugh.

Come ready to grow.

And come ready to start a new chapter.

Your BSR journey could start here.



Apply today at bsracademytraining@gmail.com



/ bsracademyeurope

www.bodystressreleaseassociation.org.uk

Body Stress Release

Academy