

Exploring Energy Therapy

(Polarity Healthcare 2)

With increasing appreciation and awareness, you will practice palpating, evaluating and balancing subtle energies in the body. You will also refine your ability to negotiate physical and energetic boundaries while enhancing your communication skills. You will glimpse new potentials for connection with clients.

Topics will also include the Ayurvedic five elements with a focus on the Ether element. You will learn how to use bodywork, communication, energetic nutrition and energetic exercise to balance the chakras and the five elements.

This class is suitable for anyone interested in the topics of chakras, healing, energy medicine or Polarity Therapy. It is specifically useful for bodyworkers and other health professionals who want to:

- develop an experiential awareness of subtle energy
- begin utilizing the chakras in both assessment and treatment
- understand the Ayurvedic five elements & their relationship to bodywork
- develop skill at identifying and negotiating energetic boundaries
- increase communication skills relevant to therapeutic relationships
- offer a new and powerful bodywork session to clients or patients
- learn energetic approaches to treating joint pain and dysfunction

Date: April 17-18, 2010

Hours: 9-6 on Sat / 9-4 on Sun

Instructor: Randall Gibson, M.Ed., LMT, RPP, CST

Fee: \$200 Before 3/17/10 (\$225 after 3/17/10)

Location: Body Technic Systems (440-248-9255)
33790 Bainbridge Rd
Solon, Ohio 44139-2947

Registration Information:

330-701-8780

www.polarityhealthcare.com