

# Integrative Energy Bodywork

(Polarity Healthcare 1)

For two full days, we will learn to stay present and work from the heart as we practice techniques and concepts of Energy Medicine which are easily integrated into massage or physical therapy sessions.

This approach is based on Polarity Therapy. Polarity combines the most essential components of Chinese medicine, Ayurvedic medicine, yoga and hermetic philosophies with Western medical knowledge. Students will learn to develop a more wholistic practice, increase therapeutic effectiveness with less effort and be able to offer a uniquely powerful bodywork session to clients.

## Highlights:

- Fundamental techniques of energetic touch therapy
- Introduction to energy exercises (polarity yoga)
- Introduction to the Ayurvedic five elements
- Theory and concepts of Polarity Therapy
- Initial interview and energetic assessment
- Learn and practice a complete Polarity bodywork session

**Date:** October 16-17, 2010

**Hours:** 9-6 Sat. / 9-4 Sun.

**Instructor:** Randall Gibson, M.Ed., LMT, RPP ([www.polarityhealthcare.com](http://www.polarityhealthcare.com))

**Fee:** \$240

**Location:** New School of Massage and Bodywork **CE:** 12 contact hours NCBTMB  
800 North Wells Street  
Chicago, IL 60610-3126

## Registration Information:

**888-461-0114**

[www.newschoollmassage.com](http://www.newschoollmassage.com)