

Integrative Energy Bodywork

(Polarity Therapy Integration - level 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 blended 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: December 1-2, 2012

Hours: 9-5 both days

Instructor: Randall Gibson, M.Ed., LMT, RPP (www.polarityhealthcare.com)

Fee: \$250 before 11/17/12 and \$300 after 11/17/12

Location: Pittsburgh School of Massage Therapy **CE:** 14 CE hours NCBTMB
3600 Laketon Road
Penn Hills, PA 15235

Registration Information:

800-860-1114

www.pghschmass.com