



Balancing the Spine

July 23-24, 2011

9:00am-6:00pm

16 CE Hours



Rejuvenate your core and reclaim your natural undulation!

To balance the spine we will work from the inside out *and* from the outside in. We will begin with a meditation on the light axis and continue with a movement piece focusing on the spine and ultrasonic core. We will explore spinal anatomy which includes palpating Greta GarBones, our resident skeleton. Energy balancing sessions include working with reflexes on the feet as well as direct contacts to the spine using polarity organizing principals and spinal harmonics. We will discuss polarity theory and energetic anatomy related to the spine.

Instructor:

Rev. Moksha Sharon Kolman, LMBT (#204) is a Registered Polarity Educator through the American Polarity Therapy Association and a traditional Reiki Master. In addition, she has extensive training in Body-Mind Centering, Neuromuscular Therapy, Cranio-sacral Therapy, Acupressure, Re-Evaluation Counseling, and is an ordained interfaith minister. Moksha has been practicing and teaching Polarity Therapy and other healing arts since 1984. Her approach to teaching is to create safe, respectful settings where participants can learn experientially. She also provides a firm foundation in the theoretical and technical aspects of Polarity Therapy and natural healing. Currently, Moksha practices in Carrboro and at Health Touch in Durham

Workshop fee: \$330 per person. \$165 Deposit

Participants who register and pay by July 1st will receive a \$30 discount

**Location: Lotus Blossom Wellness and Health Touch
3500 Westgate Dr Suite 504 Durham NC**

For information and registration call Moksha at: 919-384-5406

www.lotusblossomwellness.com

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