



**POLARITY THERAPY  
GENERAL BALANCING AND  
THE STAR PATTERNS -  
AN INTRO COURSE**

**March 5-6, 2011**

**Saturday & Sunday 9am-6pm 16 CE Hours**

**FEE \$330**

**Deposit \$165**

Polarity Therapy is a way to connect deeply to others and to our inner Selves. Through Diet, Exercise, Attitudes and Hands-On Therapy, this gentle yet powerful work balances and heals the body, mind and emotions. By using the natural reflexes of the body, quick and effective relief from pain, stress and tension is achieved. The Star Patterns address the shoulders, hips, and most organs in the abdominal and chest cavities.

Participants learn ways to help themselves and others with energy exercises and hands-on techniques in Polarity Therapy. Beginners and experienced practitioners welcome. Polarity Therapy is especially helpful for bodyworkers and healthcare professionals.

**Instructor: Moksha Sharon Kolman, RPP, Registered Polarity Educator, Reiki Master, LMBT #204.** Moksha has practiced and taught Polarity Therapy since 1984. Currently she teaches and practices at Health Touch in Durham

Lotus Blossom Wellness is approved by NCBTMB as a continuing education provider (#312314-00)

**Lotus Blossom Wellness**

**3500 Westgate Dr. Suite 504E Durham NC**

**For information and registration call:**

**Moksha Sharon Kolman: 919-384-5406**

**[www.lotusblossomwellness.com](http://www.lotusblossomwellness.com)**