



# **RELEASING NECK AND SHOULDER PAIN**

**FOR BODYWORKERS AND  
ENERGY HEALERS**

**Aug 23-24, 2008 9:30am-5:30pm**

**FEE \$280 14 CE Hours**

**Location: HEALTH TOUCH in Durham**

Learn new ways to address neck and shoulder pain. This class offers instruction in techniques from several energy and movement based modalities to address the neck and shoulder girdle. Included are:

**POLARITY THERAPY  
REFLEXOLOGY  
MOVEMENT RE-EDUCATION  
ACUPRESSURE**

The techniques focus on increasing range of motion and flexibility as well as relieving tension and pain. Energy and movement therapies do not require the application of deep pressure, thus the therapist experiences less body strain.

Offered through Lotus Blossom Wellness by Moksha Sharon Kolman, RPE, Reiki Master, LMBT #204 and. Moksha has practiced and taught massage and energy healing since 1984. Currently she practices at Health Touch in Durham and the Integrative Health Center of Chapel Hill.

For information and registration call Moksha at:  
919-490-4656 ext. 6#

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

Lotus Blossom Wellness is approved by the National Certification Board for Therapeutic Massage and Bodywork as a continuing education provider