

# *Lotus Blossom Wellness*

## **POLARITY THERAPY TRAINING PROGRAM**

**Associate Level 217 Hours**

**BEGINS April 25, 2009**

**Meets weekends and some half days during the week**

**Offered by Moksha Sharon Kolman**

**Registered Polarity Educator**

This training is approved by the American Polarity Therapy Association and Exceeds APP requirements established in the APTA Standards for Practice.

**Polarity Therapy** is a comprehensive holistic approach to life. Drawing from ancient healing traditions in India, Egypt, and Asia as well as Chiropractic and Osteopathy, Dr. Randolph Stone put together this dynamic and effective system for wellness and vitality. Polarity Therapy recognizes the energetic basis of life, viewing wellness as the free flow and balanced state of the body-mind-spirit energies. Illness is seen as a blockage in the flow of energy. Polarity Therapy assists individuals to break through blockages and return to balance. In the process of realigning, one is able to release stress and tension in the body and touch a deep sacred space within.

### **The Five Aspects of Polarity Therapy:**

**Nutrition:** Breathing and eating are two of the main ways we take in the life force. The more conscious and clear we are around food and eating, the more we can use food to strengthen and nourish our bodies and to achieve balance within the body-mind- spirit. By applying polarity principals of nutrition based on the five elements and the three gunas, we are able to maximize the life force we receive from our food. Students try various polarity food processes during the training.

**Energy Exercises:** Polarity postures and exercises facilitate the flow of energy in vital organs as well as in muscles and joints. They help balance the elements and bring increased vitality and emotional clarity. Students will use postures daily and will learn to teach them to others.

**Communication Skills:** With strong emphasis on one's own progression toward greater clarity and understanding, we will explore different models of counseling process and body centered psychotherapy. Group process is an integral part of this training and students must be committed to their own personal growth and healing.

**Energetic Touch:** Hands-on work includes learning to perceive and affect the energy flows of the human body. We work with the currents, the five elements, the chakras and fields, and begin learning an extensive system of body reflexology. Presence, quality of touch, intuitive abilities, and attunement are emphasized.

**Attuning to the Divine:** In Polarity Therapy we recognize and honor the Source from which all life comes, the Oneness where all originates and returns, and upon which all depends.

Following this training the participant will be able to:

- Define and discuss Polarity Therapy theory and principals
- Identify topographic anatomy, organs and glands
- Demonstrate proficiency in applying polarity therapy manual technique using protocols and organizing principals
- Incorporate communication skills into daily life and professional practice
- Demonstrate proficiency in performing polarity energy exercises
- Demonstrate proficiency in teaching polarity energy exercises
- Design wellness plans based on polarity principals
- Design personal nourishment plan based on polarity principals
- Propose nourishment plan for clients based on polarity principals
- Apply ethics principals to polarity therapy and energy work
- Assess client vitality and balance within the polarity wellness model

**Primary Instructor and Program Director:**

**Moksha Sharon Davis Kolman B.A., R.P.P., R.P.E.**

Moksha, Registered Polarity Educator, has been practicing and teaching Polarity Therapy since 1984. She offers apprenticeships and trainings, and has served as a Polarity Therapy Instructor for the Carolina School of Massage Therapy, the N.M School of Natural Therapeutics, the N.M Academy of Natural Healing, and Miller Motte Technical College. She holds a teaching certification from UNC- Chapel Hill and the state of North Carolina.

Moksha's approach to teaching is to provide a safe respectful setting where participants can learn experientially. She also provides a firm foundation in the theoretical and technical aspects of Polarity Therapy and natural healing.

Moksha is an N.C. Licensed Massage and Bodywork Therapist (#204) and a Traditional Reiki Master.

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

**Course fee: \$3900**  
**Application Fee: \$50**  
**Individual Modules:**  
**(16 hours):\$320**

**Classes will be held in Carrboro  
& at Health Touch in Durham**



**For Information and registration:**  
**Call Moksha at: 919-490-4656 Ext. 6#**  
**[www.lotusblossomwellness.com](http://www.lotusblossomwellness.com)**