



CRANIAL UNWINDING

WITH MOKSHA KOLMAN

**FOR BODYWORKERS AND ENERGY
HEALERS**

July 18 10am-5pm

FEE \$140 6 CE Hours

Location: HEALTH TOUCH in Durham

Learn unwinding techniques from Polarity Therapy and CranioSacral therapy. In this class we will explore Dr. Stone's emotional and mental qualities associated with the cranium and learn unwinding techniques for the scalp, neck and head.

The techniques focus on increasing range of motion and flexibility as well as relieving tension and pain - physical, mental and emotional.

Offered through Lotus Blossom Wellness by Moksha Sharon Kolman, RPE, Reiki Master, LMBT #204. Moksha has practiced and taught massage and energy healing since 1984. Currently she is in private practice in Durham..

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

For information and registration call Moksha at:

919-490-4656 ext. 6#

www.lotusblossomwellness.com