



Wellness Consultations with Moksha Sharon Kolman

Drawing on more than 26 years experience with eastern and western energetic wellness systems Moksha guides individuals to healthy choices which lead to greater ease, wellness and vitality.

With compassion and openness the following may be explored:

- Patterns of thinking- with a focus on developing ways to choose positive thought
- Nourishment and Activities- considering choices which are energetically life-giving rather than depleting
- Getting support - finding ways to resource ourselves as well as learning of many options in alternative and complimentary health care including Polarity Therapy, Ayurveda, oriental medicine, herbal medicine, holistic medicine, homeopathy, massage and bodywork, somatic therapies, movement therapies and more.
- Fostering our connection to Spirit

Moksha Sharon Kolman: Registered Polarity Educator, Reiki Master, Interfaith Minister Candidate, LMBT #204. Moksha has practiced and taught massage and energy healing since 1984. Currently she practices in Durham and Carrboro.

For information and appointments
Call Moksha at: 919-384-5406

www.lotusblossomwellness.com