



Presents

Releasing Lower Back Pain

Integrating Energy and Movement-Based Modalities

October 11-12, 2008

9:30am-5:30pm

14 Hours



This course offers an integrative, multi-modality approach to effectively working with the lower back. Bringing together techniques from several energy and movement-based modalities (including Polarity Therapy, Reflexology, movement re-education, Cranio-Sacral Therapy, and gentle rocking), we will present new tools for relieving tension and pain as well as increasing range of motion and flexibility. The low back is a common source of tension, pain, and difficulty for clients. Because these techniques do not require the application of deep pressure, they will allow you to effectively release your clients' pain without simultaneously injuring yourself. Our learning process will involve experiential exercises, verbal process, class discussion, lectures, demonstrations, supervised student exchanges, and question/answer. A major focus in the training is to support a personally enriching experience for each student.

Moksha Sharon Kolman, LMBT (#204) is a Registered Polarity Educator through the American Polarity Therapy Association and a traditional Reiki Master. In addition, she has extensive training in Body-Mind Centering, Neuromuscular Therapy, Cranio-sacral Therapy, Acupressure, Re-Evaluation Counseling, and several other bodywork modalities. Moksha has been practicing and teaching Polarity and other healing arts since 1984. Her approach to teaching is to create 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. Currently, Moksha practices at the Integrative Health Center of Chapel Hill and at Health Touch in Durham. Lotus Blossom Wellness is approved by the National Certification Board for Therapeutic Massage and bodywork (NCBTMB) as a continuing education provider.

Workshop fee: \$280 per person. \$140 Deposit due by September 9

**Location: Lotus Blossom Wellness and HealthTouch
3500 Westgate Dr Suite 504 Durham NC**

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