

# 155-Hour *Associate Polarity Practitioner Program*, the Intuitive Way

in Charlottesville, Virginia

Learn to combine the science of polarity therapy with the art of intuitive touch. My classes offer specific hands-on techniques, exercises for releasing our “negative” patterns, avenues to touch and heal intuitively, and simple yet profoundly effective yoga postures.

Polarity therapy acknowledges the delicate dance between our yin and yang, our masculine and feminine, our darkness and our light, and our need for solitude and our desire for relationship and community. This work has everything to do with intention and relationship: the relationships we have with our chakras, our emotions, our belief systems, our bodies, our selves, and one another.

The APP course offers each student the opportunity to create a safe space out of which healing and integration can occur for both themselves and those they touch. At the heart of this work are the five elements. Each element, earth, water, fire, air and ether, arise from and correspond to the first five chakras. These will be deeply explored and integrated through theory, anatomy, bodywork, yoga postures, nutrition, and communication skills. We will also cover the chakras, structural alignment, and body systems.

*Dates TBA*

*Time:* First day begins at 10:00 a.m., and includes evening session.  
Second day begin at 8:30 a.m. and ends at 4:00 p.m.

*Location:* “The Polarity Barn”, between Charlottesville, VA and the Blue Ridge Mountains.  
Spectacular atmosphere includes sauna and outdoor hottub!

*For further information:* Call Beth at 540-456-7009 or  
email her at [bethgoldstein@earthlink.net](mailto:bethgoldstein@earthlink.net)  
[www.polaritybarn.com](http://www.polaritybarn.com)

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*Instructor:*

**Beth Goldstein, MA, RPP**, is a certified practitioner and teacher with the American Polarity Therapy Association. She also holds a Master’s Degree in Educational Psychology. Beth has been teaching mind/body workshops for the past 20 years and also teaches with Christen McCormack in Spirit School of the Intuitive Arts. She is a dynamic healer and instructor who shares her knowledge with enthusiasm, passion, and humor.

If you’d like to organize a class in your area, please contact Beth for more details.



*ETHER*

*Peace*

*AIR*

*Love*

*FIRE*

*Strength*

*WATER*

*Receptivity*

*EARTH*

*Connection*

