

Explore Your Elemental Nature...



An Inspirational Retreat • Maya Tulum Resort, Mexico

Saturday, March 7 - Saturday, March 14, 2009

Each glorious day of this course will immerse us in one of the elements as we allow nature's beauty to reflect our true nature back to us. We begin making this conscious connection each morning with gentle yoga on the beach. We sink into the sand to solidify our foundation (earth), move in synchronicity with the ebb and flow of the tide (water), let the sun infuse us with power, warmth, and light (fire), allow the breeze to become our breath and the sky our life force (air), and fully embody the harmony of nature (ether).

As the day unfolds we deepen our awareness of our elemental relationships using chakra-based theory, guided meditations, intuitive awareness exercises, and journaling. As we explore our attributes and challenges in relation to each element, we intentionally release patterns that no longer serve us while embracing our natural gifts.

We end each day with elementally based polarity bodywork, which uses touch as a tool for integration and healing. Much of this course has its roots in polarity therapy, a five element system which corresponds to the first five chakras. Polarity explores intention and relationship: the relationship we have with our chakras, our emotions, our belief systems, our bodies, one another, and nature. We are supported in our journey by the safe space that is created, the inspiring environment, and the safety and intimacy of the group.

There will be time during the week to experience a Mayan sweat lodge ceremony, exciting excursions, yoga classes, and spa treatments.

The true goal of this week is for balance, integration and healing through movement, connection, insight, creativity, laughter, and fun!

The retreat cost per person includes: workshop, lodging, meals, taxes, and gratuities.

Prices begin at \$1,695!

Receive \$100 discount if paid in full by January 1, 2009!

	Double Occupancy	Single Occupancy
Garden View	\$1695	\$2150
Ocean View	1795	2295
Beach Front	1925	2595
Beach Front Deluxe	2025	2695

INFORMATION & REGISTRATION: Call Beth at (504) 456-7009, or email her at bethgoldstein@earthlink.net. You can also find more information at www.polaritybarn.com and www.mayatulum.com

ETHER

Peace

AIR

Love

FIRE

Strength

WATER

Receptivity

EARTH

Connection



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 (www.spiritschool.net). She is a dynamic healer and instructor who shares her knowledge with enthusiasm, passion, and humor.

