

Exploring the Chakras & their Elemental Relationships

AN INTRODUCTION TO POLARITY ENERGY HEALING

Learn to combine the science of polarity therapy with the art of intuitive touch. This class offer hands-on techniques, exercises for releasing our “negative” patterns, avenues to touch and heal intuitively, and simple yet profoundly effective yoga postures. Learn about the chakras and their relationships to the five elements: ether, air, fire, water, and earth. Our goal is to release old blocks and congestion from our energy systems in order to embrace balance and peace in our minds, our bodies, and our spirits.

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.

This course teaches both general session and chakra balance touch techniques for whole body integration and healing.

Dates: Saturday & Sunday, September 13-14, 2008

Time: 10 am – 6 pm Saturday; 9 am – 4 pm Sunday

Location: The Barn, near Charlottesville, VA

Lodging is provided for a moderate fee. *Lunches* are shared.

Fee: \$250; \$225 if paid in full by August 1

For further information: Call Beth at 540-456-7009 or
email her at bethgoldstein@earthlink.net
www.polaritybarn.com

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). Beth is a dynamic healer and instructor who shares her knowledge with enthusiasm, passion, and humor.

*This course applies 15 hours toward A.P.P. requirements.
Advanced classes begin in November 2008.



The
true goal
of this
course
is for
personal
healing,
intuitive
awareness
and
transformation
through
learning,
laughter
and fun.

