



AN INSPIRATIONAL WORKSHOP ON

# Manifesting Your Heart's Desires

SATURDAY & SUNDAY, MARCH 13-14, 2010

*What do you desire to manifest in your life?*

*What is holding you back?*

*What will propel you forward?*

This workshop partners with the element of fire, the energy of the third chakra, to bring energy, strength, and vitality into our dreams and desires. We first recognize and release the physical, emotional and energetic patterns and beliefs which dim our light and compromise our energy. As we acknowledge our gifts as co-creators, we then embrace an empowering and enthusiastic vision of an exciting future.

This course employs a variety of experiential techniques such as guided meditations, intuitive and grounding exercises, journaling, element-centered yoga, and healing touch. Polarity therapy, based on the five-element chakra system, uses touch to create balance and healing. We give and receive Polarity "fire" bodywork sessions each day to encourage and integrate our intentions. Playfully learn how to enjoy the process as much as the manifestation. Expect to explore, learn, laugh...and have fun. *Dream Big!*

**Instructor:**

**Beth Goldstein, MA, CPE, RPP**

Beth has been instructing classes in mind/body awareness and integration for over 20 years. She has an MA in Educational Psychology and is certified as an instructor and practitioner by the American Polarity Therapy Association. She is also blessed to be an instructor with Spirit School of the Intuitive Arts ([www.spiritschool.net](http://www.spiritschool.net)). Beth teaches with passion and humor what feeds her soul. Each student receives an appreciation of their gifts and support on their path.

**Dates:** Sat, March 13–Sun, March 14, 2010

**Times:** Sat 10 am-5 pm · Sun 9:30 am-4 pm

**Location:** The Polarity Barn,  
near Charlottesville, VA

**Fee:** \$225

**\$25 discount if paid by March 1, 2010**

*For further information:*

Beth Goldstein

540-456-7009

[bethgoldstein@earthlink.net](mailto:bethgoldstein@earthlink.net)

[www.polaritybarn.com](http://www.polaritybarn.com)



*Polarity Barn*