



## Introduction to POLARITY THERAPY: A HOLISTIC WELLNESS SYSTEM

OCTOBER 13-14, 2018

FEE \$300 Deposit \$150 14 CE Hours

CHAPEL HILL/DURHAM AREA

Sat and Sun 9:30am-5:00pm

Open to all who are interested

Polarity Therapy allows us to come into the present moment and connect deeply with ourselves and others. This gentle yet powerful work balances and heals the body, mind and emotions. To facilitate the free flow of energy, we use diet, exercise, positive thinking and energetic touch. We work with natural reflexes of the body which provide quick and effective relief from pain, tension and stress. Participants learn new ways to take good care of themselves and others. Beginners and experienced practitioners are welcome. Polarity Therapy allows the body/being to reorganize and is especially helpful for bodyworkers, healthcare professionals and anyone embracing transitions or seeking to lessen stress and tension in life.

Offered through Lotus Blossom Wellness Programs  
by Moksha Sharon Kolman, Board Certified Polarity Practitioner,  
Reiki Master, LMBT #204.

For information: Moksha Kolman: 919-384-5406

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

Sharon Kolman is approved by NCBTMB as a continuing education provider: #312314-00