

Polarity Therapy Training

Associate Polarity Practitioner Certification

Energy is the Vital Force in the Body

It is the underlying theme that resolves imbalances that have accumulated from stress, tension, attitudes, trauma and injury. *Polarity Therapy* utilizes a fourfold approach to re-establish and balance this vital energy: therapeutic energy-based bodywork, nutritional awareness, stretching postures (Polarity Yoga) and the importance of attitude. Gain the ability to conduct an entry level Polarity Practice.

Approved by the American Polarity Therapy Association (APTA)

March thru Sept 2012
7 weekends plus one day
\$1,925 Tuition and \$50 Manual

In Class: 136 hours
Home Study: 35 hours
Total: 171 hours

An Initial Bodywork Certification Training or for Continuing Education



Barbara Joseph is a Board Certified, Registered Polarity Practitioner and Educator, Reiki Master Teacher, Certified Breath Facilitator, Wellness Consultant and Business Mentor. She's been in private practice since 1990 and teaching Polarity Therapy Certification Programs since 1998.

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