

Polarity Foundation Course

The General Session

In this weekend workshop you will learn the 'General Session', which is a series of gentle contacts designed to release the energy flows throughout the body and reconnect these with the major energy centres known as chakras. This process releases chronic tensions from the body inducing a state of deep relaxation. Emphasis is placed on developing the art of touch and understanding the correct relationship of mind and body for healing and well-being. The skills you learn in this weekend will enable you to do basic Polarity bodywork session on friends or family. This workshop also forms the first section of the Polarity Foundation Course.

Polarity Reflexology

Teaches you how to work not only on reflex points on the feet and hands, but also how to trace and release energy blocks throughout the whole body by following specific patterns of energy through their positive, negative and neutral phases.

The Five Elements

This course will deepen your understanding of how to work with specific energy flows of the body. You will develop an understanding of the life energy's expression through the five elements of Earth, Water, Fire, Air and Ether, which are studied in their relationship to the structure and function of the body, mind and emotions. Sessions for balancing each of the elements and the chakras will be taught. You will also learn to recognize the elemental qualities in the world of food.

Polarity Counselling –

Polarity involves working with emotions and thought patterns as well as physical structure. This course teaches basic verbal skills for bodywork professionals. When one is able to release held feelings and change dysfunctional thought patterns, body realignment is natural and spontaneous. The skills you learn in this section will give you the ability to turn a bodywork session into a transformative experience on all levels.

Individual Sessions

Each student is required to receive 5 Polarity sessions from a Registered Polarity Practitioner and to document 30 sessions they have given.

On completion of the course you will be eligible for accreditation as a Polarity Healing Professional through the UKPTA. Evidence of completing an Anatomy/ Physiology course is also required for this. If you are already a therapist this course is a chance to deepen your work to benefit yourself and your clients. You can also go on to study the next level which is Registered Polarity Practitioner. Details can be found on our website: polaritywellness.co.uk

Module 1 General Session and introduction to Polarity Reflexology

Module 2 Five Elements part I plus continuation of reflexology

Module 3 Five Elements part II with chakra balancing.

Module 4 Polarity Counselling

Module 5 Introduction to structural work and craniosacral balancing. 5 Point Star and 6 Point Star.

Module 6 Review and integration of modules 1 to 5