

Polarity Therapy

Introduction **March 23-24,**

Health Building using bodywork,
nutrition, exercise, thoughts and theory.

With ***Ekaterina Pavlova***, RPP, CRT, RMT



What is Polarity Therapy?

Polarity Therapy is the art and science of working with the body and its natural electromagnetic energy. Through facilitation, the client's innate healing ability is activated to move to a higher level of balanced health and overall well-being. It is a process that works with the body, mind, soul and spirit.

Components of the Polarity Process:

Bodywork: a hands-on approach that senses and activates the client's energy to an increased state of health.

Nutrition: based on the energy of the food consumed - certain foods will benefit or hinder specific concerns.

Exercise: According to the energy involved in each exercise, it can be understood which exercises are beneficial and when.

Thoughts: As we think, so we are. Cleaner thought processes bring a higher level of health.

Theory: Polarity Therapy is based on the knowledge of energy theory, Ayurvedic, Yoga, Chinese Acupuncture, Anatomy, Physiology and Western Health benefits.

Polarity Therapy 101 Introduction Offers

Polarity therapy builds true health,
the harmony of life within us,
consisting of peace of mind,
happiness and well-being.

Weekend content includes:

- ◆ Experiential Polarity Bodywork
- ◆ Principles Of Polarity Therapy
- ◆ How thinking impacts Health
- ◆ The General Session
- ◆ Polarity Yoga
- ◆ Health Building Principles
- ◆ Basic Polarity Theory
- ◆ Nutrition with the Elements
- ◆ Energy Medicine applications

AND a 70 Page Instruction Manual and Participation Certificate

Comments from Attendees:

- this is the chance to follow my passion and I want to learn more
- so wonderful to be with like minded people
- enjoyed everything and meeting my new friends
- people attending were enjoyable to talk & work with
- meeting all the students, listening to their stories, making new friends
- enjoyed both the theoretical & practical presentations
- to learn and experience the value of touch when it comes to healing of self and others
- I'm excited to take the whole course and follow my passion
- I have not done this type of work before so I was amazed at how easily I picked it up
- I didn't realize how much there is to learn, looking forward to learning
- I feel inspired to learn more, my body feels great
- down the road this work gives all the skills to set up a professional practice
- very much appreciated being with and meeting like minded people
- the hands on sessions teaches what and how you benefit from a session
- looking forward to learning more!
- this work is a perfect add-on to what I already do in my practice
- everyone's feedback and the different questions
- thanks so much for a wonderful weekend. Your knowledge is absolutely amazing
- I enjoyed the enthusiasm of both presenters, appreciate the patience in answering questions & the difference in styles of teaching & demonstrating
- loved the physical rejuvenation & balance
- loved the question time & discussion that follows, also, Sunday movement session
- comments from clients who took the clinical day:

<https://www.youtube.com/watch?v=9otGTlVuTBQ&feature=youtu.be>

YOUR FACILITATOR



Ekaterina Pavlova is a Registered Massage Therapist, Certified Foot Reflexologist, Brain Gym Movement Facilitator, and a Registered Polarity Therapy Principles Practitioner. Her main goal is to assist people who are looking to make changes to their health, seeks guidance for improvement, and revive through natural built-in abilities of the body to heal itself.

She started engaging herself in Holistic medicine since 2017 when she applied to the Polarity Therapy Program at Realizing Your Potential Education Center towards certification to A.P.P. (Associate Polarity Practitioner) and R.P.P. (Registered Polarity Principles Practitioner). During her education, she had been practicing energy medicine together with self-education in Anatomy and Physiology.

In 2019 she expanded her knowledge even more by applying to Massage Therapy program at Medix college, successfully finished it and became a Register Massage Therapist.

In 2020 she applied at Ontario College of Reflexology and successfully finished the Foot Reflexology program and got her certification as a Certified Foot Reflexologist.

She recently finished Brain Gym course and now provides program to engage the body and mind performance in life and also she offers Baby Massage for newborns to 1-year olds. She also teaches parents how to perform Baby Massage on their baby.

Since she started her Holistic journey in assisting other people towards health improvement through different approaches on physical, mental, and spiritual levels, she strongly believes that being a part of the Holistic medicine system and supporting people towards their well-being by combining all her knowledge and experiences towards a unique and individual approach for better health changes to every client is her Life Purpose.

Outside her professional life, she is a wonderful mother, amazing and supportive friend and loving daughter.

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RYP Blog: <https://energyfunlight.wordpress.com/>

Registration Form

Polarity Therapy 101

March 23-24, 2024

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone #: (_____) _____

Email: _____

Signature: _____

Date: _____

*Your tuition fee is only refundable if the training is cancelled.
A confirmation letter will be sent upon receipt of your full payment or deposit*

PREREQUISITE: None

PLACE: Etobicoke, Toronto, ON

TIME: 9:00 a.m. - 5:00 p.m. EST

TUITION: \$500 CDN (limited time offer a special for ½ price of **\$250**)

Phone: 647-523-5240

Email: info@realizingyourpotential.ca

Website: www.realizingyourpotential.ca

