

Polarity Therapy

Visionary Cranio-Sacral Therapy | Rotai-USA Pain Relief



Your Practitioner

- **Australian**, with family in the Blue Mountains.
- **Board Certified** Polarity Practitioner, Qualified Visionary Cranio-Sacral Therapist, Qualified Rotai-USA™ Pain Relief Practitioner. (PhD, BCPP, RPE, RPRP, Cred Ministry).
- **Experienced:** full time practice since 2003.
- **Has served** on the National Board of Directors of the American Polarity Therapy Association (APTA).
- **Developed** and hosted a TV series (USA) of therapeutic movement.
- **Qualified** in Polarity Therapy and Cranio-Sacral Therapy in the USA: Polarity Therapy 655 hours training + clinical hours; Cranio-Sacral Therapy 75 hours post-graduate training + clinical hours; Rotai-USA pain relief qualified in Australia.
- **Holds** an Australian Black Belt (8th degree) in Yang styles of Tai Chi and therapeutic Qi Gong.
- **Trains** other practitioners; is a Registered Polarity Educator

Board Certified Practitioner

Polarity Therapy is an extensive, integrative, non-invasive therapeutic method that works on the human energy field and the body. Developed during 60 years of clinical practice, this branch of “energy medicine” aims to bring the body’s energy and physiological systems into balance... towards health and recovery through: Energy based Therapeutic Touch, Self Awareness, Therapeutic Movement, and Energy based Dietary Principles.

Visionary Cranio-Sacral Therapy is a method of therapeutic touch that evolved from the Biodynamic Cranio-Sacral method. It tunes into information carried by subtle movements of the bones of the head, spine, and sacrum, as well as by the cerebro-spinal fluid. Through gentle hands-on contacts by the practitioner on the head and lower back, clients often report profound yet subtle transformation of issues. Particularly beneficial in managing trauma.

Rotai-USA™ Pain Relief is based in ancient Shaolin healing techniques to assist in the relief of e.g. sciatic and hip pain, shoulder discomfort, lymphatic congestion, “short leg” syndrome, locked sacrum, and muscular, tendon and ligament strain. Beneficial for martial artists, sports people, and people experiencing painful imbalance in the physical body.

Sessions are received fully clothed in a serene atmosphere, 1 - 1.5 hrs.

Appointments

therapies@polarityaustralia.com

Energy is the real substance behind the appearance of all matter and forms.

www.polarityaustralia.com www.polarityinstitute.net www.therapiesinstitute.com