



Workshop leader

julie collet

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polarity therapy

training

“ Health is not merely of the body. It is the natural expression of the body, mind and soul when they are in rhythm with the One Life. ”

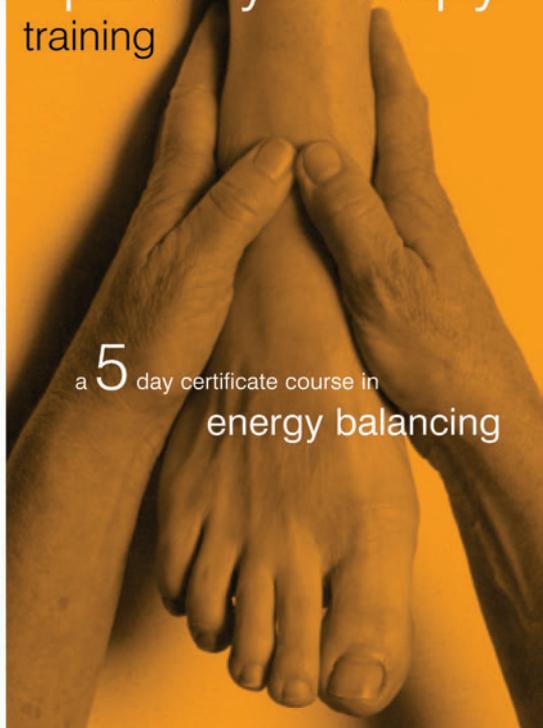
Dr Randolph Stone  
DC DO DN  
Founder of Polarity Therapy

“ Only someone who is with the source can take another there. This is the special and humbling gift I have been given. ”

Julie's life and work have been coloured by her search for meaning and for the thread that unites all living things.

She was accepted as one of the first western meditation teachers under the guidance and inspiration of her spiritual teacher, Maharaji. This took her to the international arena where she taught and inspired people all over the world. Julie now practices and teaches Polarity Therapy, Crystal Healing, Yoga and Meditation, and works to help people live in harmony with the life force that sustains them, both individually and universally.

a 5 day certificate course in energy balancing



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with julie collet

polarity therapist • healer • educator

# polarity therapy

“ Polarity makes all things possible.  
It is the heartbeat of the soul. ”

**Polarity Therapy** is a system of hands-on healing based on a detailed understanding of the human energy field. It is only the energy in matter that makes it seem alive. When this energy escapes, only the shell is left. A cure constitutes reaching the life currents within and re-establishing the free flow of energy.

**This powerful therapy goes to the core ...**

- instilling deep relaxation - centring the mind and freeing stored emotion
- balancing the body's muscles, fascia, organs and systems - assisting the body to re-align without manipulation
- improving conditions of the heart, liver, spleen and kidneys and the digestive, eliminatory, endocrine and nervous systems
- bringing release in times of stress and emotional turmoil.

**Through this 5-day workshop** you will learn and practise ways to release energy blocks based on an understanding of the core energy pulsation and the intelligence of human life.

Specifically you will learn to balance:

- the five elements of ether, air, fire, water and earth in the body
- the liver, gallbladder, spleen, pancreas and stomach
- the three divisions of the nervous system
- the seven main chakras

course structure



Each session will incorporate yoga and meditation, presentation of course topics, techniques and procedures, questions and answers and hands-on healing practise in a relaxed, sharing environment. It is suitable for both beginners and experienced practitioners.

As part of the course you will receive a comprehensive manual covering theoretical and practical aspects of Polarity Energy Balancing, as well as monthly practice tutorials.

See enclosure for details of upcoming workshops.

**On successful completion you will receive a Certificate in the Art and Science of Polarity Energy Balancing.**

You will also be eligible to step up to the next level of training, the Diploma course.

Access this comprehensive system of **hands-on healing** through detailed study of:

- The **energy anatomy** of the human body
- The **sacred geometry** of all created things
- The way **energy** steps itself down to create all forms of life
- The **polarity relationships** in the human body
- The role of **mind and emotion** in the health-disease process
- The **astrological signatures** of human life

