MASTERWORKS INTERNATIONAL

Committed to Artistry and Excellence

Open Learning and Individual Training in Polarity Therapy

Masterworks International welcomes the opportunity to bring Polarity Therapy to a wide audience through our Open Learning package of instructional bodywork and theory dvds. We recognise that the personal touch is of paramount importance and this course has been carefully constructed to guide the individual through the unique system of drugless healing that is Polarity as well as providing personal contact and support at each step of the way. It was always Dr Stone's wish that Polarity be taken up by as many people as possible, and now at last it is accessible to all, regardless of geographic location.

Our Individual training is self explanatory.

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Polarity Therapy

Polarity Therapy is a powerful holistic approach to health and well-being which more and more is becoming recognised as an effective tool for the health care professional to aid in the prevention and alleviation of illness as well as the facilitation of the return to wellness. **The Polarity Principle** works on the assumption that there is such a thing as life energy and that disease results when our life energy is blocked or is out of balance. The free flow of life energy is necessary for health. **The aim of Polarity Therapy** is to correct imbalances in the energy flow and enable the body's self-healing systems to operate effectively.

A Polarity Therapist works to release and balance the life energy in the body through the use of **specialised bodywork** which can release tension and holding patterns in the physical body and the psyche, **enlivening the life force** that exists within us all, and thus enable the reconnection with the **deep core of being.** Thus the system encourages the **expression of the essential self** and is a powerful tool for personal discovery and growth as well as an effective aid to the return to wholeness and wellbeing.

Dr.Stone (right) with his successor Pierre Pannetier

The system was developed by Dr. Randolph Stone, a naturalised American, who spent the majority of his long life (1890-1981) studying the healing practises of India and China as well as the Western disciplines of Chiropractic, Osteopathy and Naturopathy to continually refine and add to the body of work that is Polarity Therapy.

Within the system are extremely effective techniques for the release of pain and muscle spasm; ways of addressing the structure of the body and correcting distortions; techniques for interfacing with the body's main systems such as the central and autonomic nervous system; the digestive system, and lymphatic system as well as cleansing regimes and dietary input. There is even an exercise regime called Polarity Yoga. Polarity Therapy is an extraordinary health care system based on sound naturopathic practices, ancient healing principles and skilled use of energetically based bodywork.

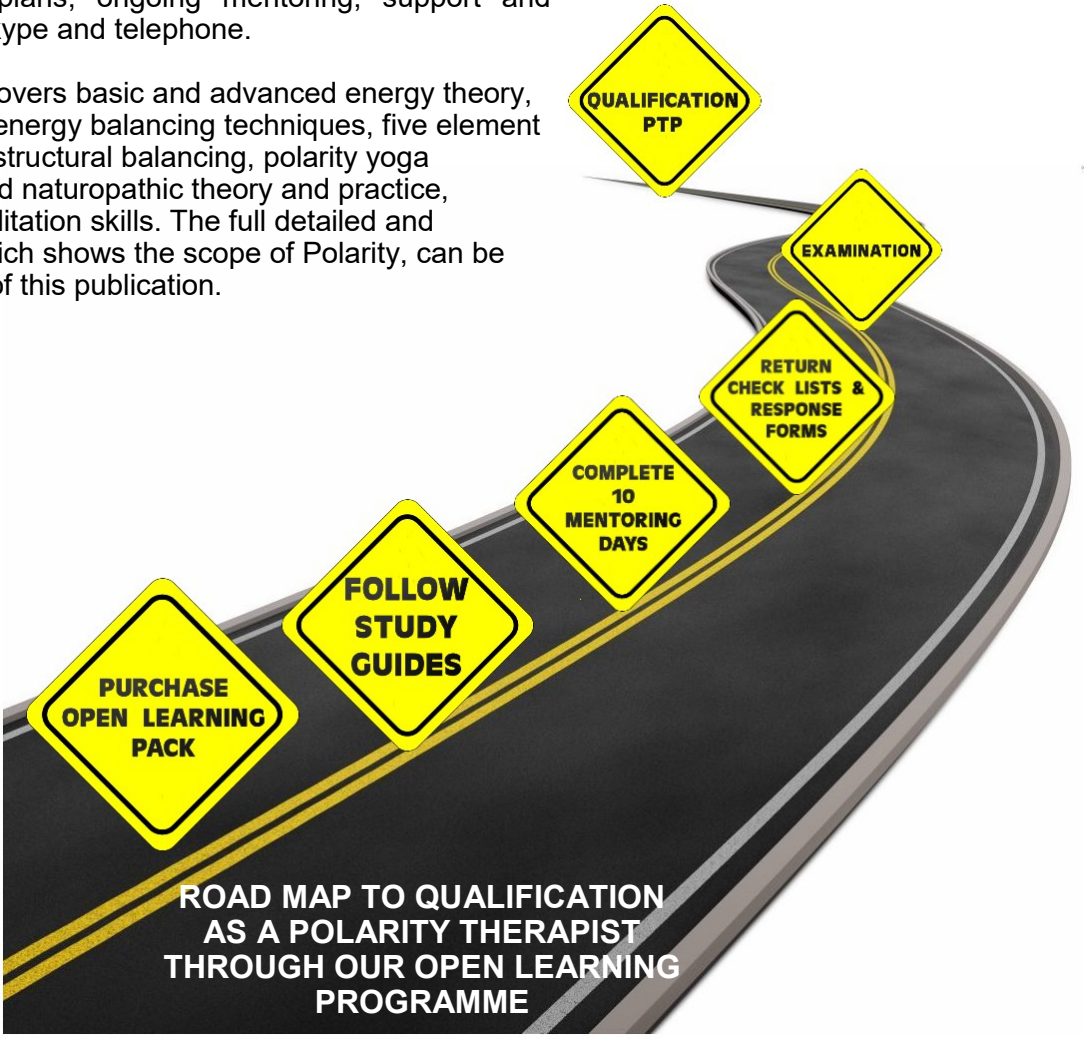
Thus, Polarity is an eclectic blend of Eastern and Western thinking and practice in the alternative health care field. **It is a gentle method of drugless healing** that works with the whole person (mind, body, emotions and spirit). It is a true energy medicine that forms a complete treatment regime in it own right but is also a complementary therapy in the sense that it can happily co-exist with other forms of orthodox allopathic treatment. Indeed many practitioners of other disciplines such as massage, chiropractic and osteopathy have found it an invaluable addition to their practice.

OPEN LEARNING PROGRAMME

This programme is a unique means of studying Polarity Therapy, combining the best of traditional classroom learning techniques with the benefits of a home study programme.

Tuition is provided through DVDs (or streaming audio and video), books, guided study plans, ongoing mentoring, support and supervision by email, skype and telephone.

The course syllabus covers basic and advanced energy theory, diagnostic procedures, energy balancing techniques, five element theory and application, structural balancing, polarity yoga exercises, nutritional and naturopathic theory and practice, communication and facilitation skills. The full detailed and referenced syllabus, which shows the scope of Polarity, can be found towards the end of this publication.



ROAD MAP TO QUALIFICATION AS A POLARITY THERAPIST THROUGH OUR OPEN LEARNING PROGRAMME

Frequently Asked Questions

Are there advantages to Open learning?

Definitely, group instruction can be a problematic issue for some people. You cannot choose your classmates and sometimes the group dynamic can over shadow the fundamental purpose of the course and impede the learning process. Effectively the Polarity Open Learning course offers, in large part, individual tuition. The material is absorbed at the rate that is most relevant for you as you are not being dictated by the overall learning pace that takes place in a group setting and which is often dictated by the slowest learners in the group. You also have access to experienced, international trainers and a body of work that you can review at any time. It also limits the amount of money and time that you spend on travel and accommodation when you do a long term training.

In 1987, Phoenix University, USA ran a project to measure the learning outcomes of online education. Every student who entered the programme took a Comprehensive Cognitive Assessment to measure their subject-matter knowledge, judgement, and problem-solving skills, and then took it again at graduation so learning was measured to determine whether they had reached the learning outcomes specified in the curriculum. The results indicated that online students performed as well or better in subject-matter achievement, when compared to their peers in classroom programs.

In the December 2000 issue of Positive Health magazine, Leon Chaitow ND DO, a senior lecturer at the University Of Westminster in London said, " *Already under active development in the USA are home learning courses (to BSc level) in (for example) massage therapy, which will, as a matter of course, incorporate many of the methods I have mentioned, as integral aspects of the curriculum. These distance learning approaches will be coupled with intensive residential periods of instruction and evaluation, and will create a basis for a wide range of bodywork skills to be acquired from the home computer, using interactive programmes*…"

What are the disadvantages of this kind of training?

The course structure is not suitable for everyone. The main disadvantage is that it requires much more personal discipline in the study process, there being no group energy to support the learning. All groups offer mutual support, encouragement and even friendly rivalry as motivating and supporting factors. You must honestly evaluate your degree of self motivation and commitment to a self directed study programme.

How long will the training take?

This unique Open Learning format is essentially under your control. This means that you can study the material presented much faster than in a traditional group training if you so wish, yet fit your studies into your lifestyle and organise your time to suit you. You are in control of your studies so you can go as fast or as slow as you like.

Is it really possible to learn a bodywork system via Open Learning?

The simple answer is YES! Realistically a very large part of any bodywork training is theory based. There is no reason why all theoretical presentations need to be done in a traditional classroom setting. The DVDs of the bodywork sessions are clear with precise instructions on how to carry out each technique and the refinement of the quality of touch that is so important to be an effective Polarity therapist is evolved in the 10 days of contact time with a mentor that is a crucial part of our unique course structure.

What if I don't understand part of the material ?

That's what we are here for. You can contact us through email, skype or telephone and receive support.

What does the course fee cover?

The fee covers the cost of the Open Learning Pack of study materials. The ten days of face to face mentoring is in addition to this and payable directly to your mentor. The fee for this is agreed with them at the time. Currently we have mentors available in the UK, Canada, and Australia.

What does the Open Learning Pack consist of ?

The Pack contains the following books:
Health Building by Randolph Stone
Polarity Therapy-Healing with Life Energy by Alan Siegel
Polarity Therapy where Energy meets Structure and Function by Phil Young
Quinta Essentia-The Five Elements by Morag Campbell
Energy Psychology by Phil Young and Morag Campbell
Masterworks International Study Manual
4 Study Guides covering 102 lessons

The following dvds:
36 hours of theory lectures covering Energy Anatomy, Polarisation, Sensory and Motor Energy Flows, Involution/Evolution Energy, Chakra Regulation, Healing Crisis, Chronic and Acute conditions. Nutrition, communication skills

11 hours of instructional dvds on Bodywork protocols covering some 70 treatment sessions and polarity yoga.

All DVD material is also available as online streaming video and audio.

How exactly is the course structured ?

Your first step is to purchase the study pack and then follow the step by step instructions in your study guide. When you are ready, you can arrange with a mentor for your face to face mentoring days. It is usually a good idea to book a few days near the beginning of your studies to ensure that you are on the right track and to hone the bodywork skills necessary for a lot of the polarity bodywork sessions, such as the modes of touch that are utilised which are unique to polarity. Other days can be booked towards the end of your studies. When you feel ready, you can book to undertake your final examination prior to certification. It is possible for the examination to be undertaken by computer link or, in some cases, with the supervision of a local moderator. There is a fee for this.

Do I need to be a therapist or health care professional in order to take the course?

No. All you need is a genuine interest in and a liking for people as well as a desire to help and heal. Of course if you are already a health care professional then Polarity will enhance your practise greatly. Some students take the training with the ultimate goal of establishing a successful practise as a Polarity Therapist, others out of a desire to simply learn more about Polarity and the life energy for their own personal development.

Is all the course material in English ?

Yes it is, so you will need to be proficient in both written and spoken English.

Do I receive certification ?

On successful completion and final examination you are awarded a diploma from MASTERWORKS INTERNATIONAL acknowledging your skill and competency in the art of Polarity Therapy. This certification enables you to apply to join the International Polarity Education Alliance (IPEA) as a Polarity Therapy Professional. (PTP). www.polarityeducation.org

What happens after I finish the training ?

Polarity Therapy is a vast subject and there is always a need to enhance and deepen your skills. The IPEA has an extensive resource section available for those who choose to join and holds ongoing Gatherings where polarity therapists can come together to learn and share experiences.

Masterworks also provides continuing professional development modules and master classes in a variety of topics.

NB: Regulations for practice vary in different countries and you will need to research if there are additional requirements necessary, such as study in Anatomy and Physiology, before you can practice in your area.

INDIVIDUAL TRAINING PROGRAMME
tailor-made to suit you

Are there advantages to Individual learning?

Absolutely. You learn alongside masters of their craft with 60 years experience between them and the training is customised to take into account your background and needs.

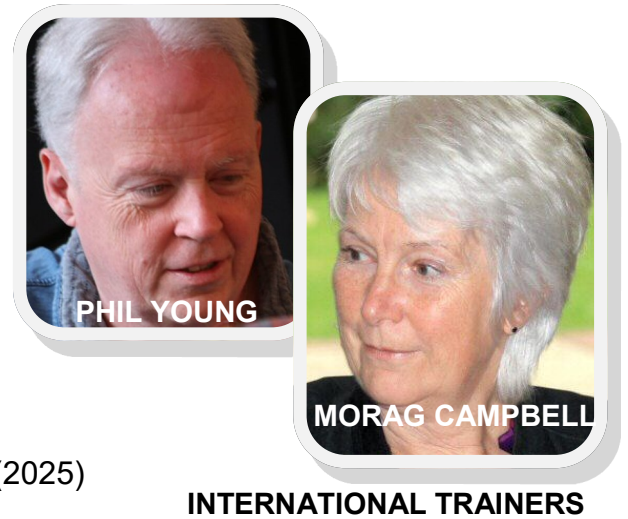
This one to one training allows you to take advantage of your tutors indepth knowledge of Polarity but also to avail of their experience gained through thousands of hours of clinical practice. You also gain by learning by "osmosis" especially when it comes to the nuances of bodywork thus enabling you to gain high levels of skill not usually developed by a practitioner until several years of practice have elapsed. Experience has shown us that individuals who undergo this type of training have a superior grasp of the material than those who elect to do group training.

Are there disadvantages to this style of learning?

We haven't come across any so far.

How long is the training?

30 days in total. You choose when you want to take your days and how long you spend with us at a time by mutual agreement. You can split it into 3 sections or more. If you live nearby, you could even do it a weekend a month if you wish.



INTERNATIONAL TRAINERS AND AUTHORS

How much is this training?

£6995 which can be paid in instalments by arrangement. (2025)

What does the course fee cover?

Tuition fees and all course materials, including all the books and dvds that are given out in our Open Learning course so you can review the course anytime you like in the future.

Why is it so expensive?

We don't think it is! You get to work, one on one, with world class Polarity masters with over 60 years experience between them for less than £240 a day. That's a great rate and a unique opportunity!

DETAILED COURSE CONTENT

For Open Learning and Individual Training Programmes

ENERGY THEORY

The concept of energy. Polarity as the magnet of life. The step down of energy into matter. The involutionary and evolutionary cycles of energy. The three gunas; their significance and application within Polarity Therapy with particular reference to qualities of touch and verbal intervention. Polarity concepts of health physically, emotionally, mentally, spiritually and energetically.

Full and detailed exploration of the energetic anatomy. The Chakra system, caduceus and straight line currents. The umbilical spiral. The Oval fields and transition areas.

The Five Element theory and an exploration of each element being by name; Ether, Air, Fire, Water and Earth. The Five Elements as a naturalistic viewpoint on creation. The role of astrology and the elements and the weaving of the body in utero. Body types related to the elements. The interaction and dependency of the elements upon one another. How the elements seek expression either externally or internally; outwardly through social interaction or if this channel is blocked then inwardly through disease symptoms.

[all references are to “Polarity Therapy Volumes I and II” by Dr Randolph Stone. References to the energy theory below are examples only; many references to specific energy balancing concepts appear throughout Dr Stone's books]

Specific energy balancing concepts:

(i) Bi-polar contacts to balance left with right, top with bottom, front with back e.g. Vol 2. Bk 5. P.74
(ii) Polarising opposing fields to clear the connecting circuits of energy Vol 2. Bk 5. P.76
(iii) Balance all three poles in any system Vol 2. Bk 5. P.39
(iv) Simultaneous stimulation of weak areas and sedation of areas of excess (electromagnetic balancing) Vol 2. Bk 5. P.80
(v) Clear blocked areas and balance with the supply centres. Vol 2. Bk 5. P. 65
(vi) Stimulate two elements to affect a third. Vol 2. 25 CHARTS, CHART 17
(vii) Using field effect phenomena to connect current flow Vol 1. Bk 3. P.41
(viii) Centrifugal and centripetal energy flow stimulation. Vol 1. Bk 3.P.40-41
(ix) Treating Yin and Yang conditions. Vol 1. Bk 1. P.71-74
(x) Contacts with current flow to sedate and against current flow to relax Vol 1. Bk 2. P.30-31
(xi) Activate energetic pathways and then polarise the related (or reflex areas) areas.
(xii) Clear local obstructions and flow energy through the poles. (Pierre Pannetier)
(xiii) Balancing by Contour Vol 1. Bk 1. P.78-80

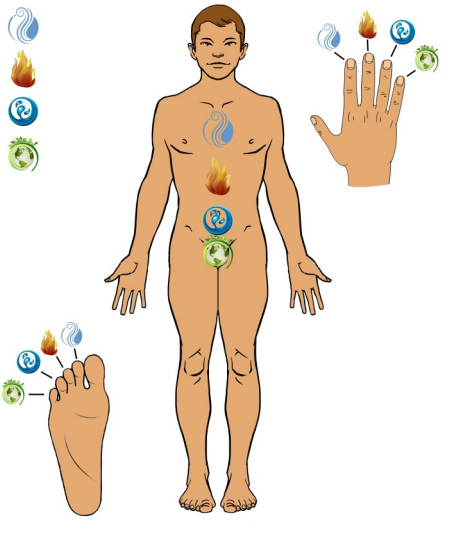
BODYWORK and THEORY

Teaching of bodywork always includes the theory behind the manipulations, guidelines on when to use them plus any contra-indications.

NOTE: The general energy balancing session in its final form as taught by Pierre Pannetier is taught as a framework that embodies most of the basic concepts of bodywork treatment by Polarity. Pierre said that the treatment was based primarily on the chart in Vol 1. BK 3. P.45.

GENERAL ENERGY BALANCING SESSION.
Occiput and 10th Cranial hold.
Forehead and occiput - sensory/motor balance,
Tummy rock.
Inside ankle with foot flexion
Outside ankle with extension of foot
Toe stretch and tendon compression
(the above three foot manipulations can be referenced to VOL 2. BK 5. P38)
Ankle rotation. VOL 2. BK 5. P.46
Toe pulls Vol 1. BK 2. P.44
Leg pull. VOL 1. BK 2. P.45
Pelvis and knee rock
Wrist flip
Arm and shoulder rotations
Finger and arm stretches
Thumb and wed contact. VOL 1. BK 2. P.24
Elbow and lower rib contact
Pelvic rock
Orbital corner and occipital ridge
Cranial balance
Claw / sensory-motor balance
Chakra balance.
Front and back brushing.

CHAKRA TREATMENT
Stimulating a chakra at the fingers and toes VOL 1. BK 3. P24 & 42
Sensory emotional and respiratory balance. VOL 1. BK 2. P.36
Chakra balancing
Spiral chakra balance. To align all the chakras and the umbilical spiral.



OVAL FIELD TREATMENT
Theory of; VOL 1. BK 3. P24-25 &50
Cranial balance

Neck releases (3 variations) [referenced under Ether Element]

TRANSITION AREA TREATMENTS
Occipital/Atlas release [referenced also under Cerebrospinal work]

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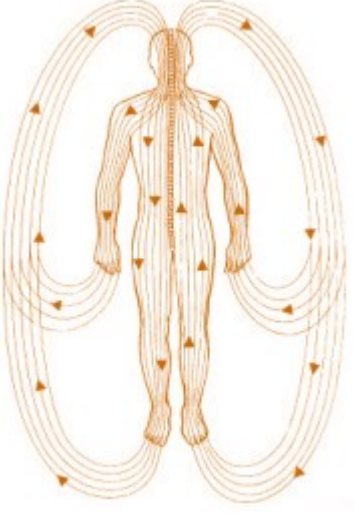
Campbell and Young 2018

Releasing the thoracic inlet
Diaphragm release VOL 1. BK 2. P35.
5 pointed star release [referenced under Reflexology]
Perineal release [referenced under Parasympathetic balancing]
Balancing the joints [referenced under Ether Element]

STIMULATING THE CEREBRO-SPINAL FLUID CIRCULATION

Exploration of Dr Stones changing view point on how energy is distributed through the body. Starting with the Chinese (and osteopathic view of arterial circulation) concept of the blood as the carrier of the bulk of the prana in circulation in the body (Vol 1. BK 1. P.57) and evolving to the perspective of the cerebro-spinal fluid as being the main carrier of prana (Health Building P.13). A look at the evolution of Craniopathy into modern Cranial-Sacral therapy and current theories on the cerebro-spinal function. Our Viewpoint: that csf work has a greater relationship to the physical body and earth element than any primary or core energy process.

Treatments:
Cerebro-spinal fluid pump. VOL 2. BK 4. P.49
Cerebro-spinal pump on head
Sacral decompression
Unwinding.
Working with micro-movements.



SPECIFIC DIAGNOSTIC PROCEDURES
Gravity Board and Plumb Line [referenced under Structural Balancing]
Spinal palpation VOL 1. BK 1. P. 86 VOL 2. BK 5. P22-23
Checking leg lengths VOL 1. BK 2. P 25
Voice Diagnosis - energetic qualities [related to elements]
Voice Diagnosis - content [related to elements]
Tongue diagnosis VOL 2. 25 CHARTS, CHART 21
General body palpation i.e. noting areas of tension/restriction
Body reading on the table VOL 1. BK 2. P. 14
Hand and Foot Reflexology diagnosis
Energetic 'scanning' of the body with the hands
Simple Ayurvedic pulse diagnosis. VOL 1. BK 3. P33 and 42.
Checking the pulse for :
Pulse to breath ratio (4:1) VOL 2. BK 5. P60
Carotid pulse VOL 1. BK 1. P.87-88
Left/right pulse imbalances at the extremities VOL 2. P 207-213

FIVE ELEMENT THEORY AND TECHNIQUE

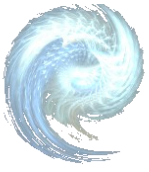
The psychology of each element. What it may be like to be a particular elemental type. The interactions of the five elements as the Pentamarius combinations of the elements. VOL 2. PRIVATE NOTES P.225.
Qualities of touch related to the five elements.

[Chakra/oval field work for each element is already covered and referenced above under oval fields]

ETHER.

Ether as the matrix for the other elements to flow through. The Neutral zones and their significance. The state of Yoganidra (Magnetic healing), its signs and symptoms.

Bodywork:



Etheric current treatment
Etheric and causal body treatment.
Reverse spiral session to push energy through the joints and encourage the centri-petal flow of the umbilical spiral. VOL 1. BK 2. P.80
Ear treatments. VOL 1. BK 2. P.79.
Balancing the joints. VOL 1. BK 2. P.40
Working off the body in the aura.

AIR

Qualities of the air element, functions and associated body parts.

Bodywork:

Heart therapy; diagnostic indicators and treatment. VOL 2. BK 4. P30-43.
Brachial plexus release. VOL 1. BK 2. P.43 and 55
Gas releasing techniques. VOL 1. BK 3. P 90-102. [AIR PRINCIPLE]
Cranial gas release. VOL 1. BK 2. P.58
Relieving pain in the long bones of the legs. VOL 1 .BK 3. P60-61.
Kidney treatments. VOL 2. BK 5. P71-72. (Other organs also)
Releasing and balancing the Air element triad (Shoulders, kidneys, ankles) VOL 1. BK 1. P.48-51

FIRE.

Qualities of the fire element, functions and body parts.

Bodywork:

Fire of digestion treatment. (aka Fiery principle treatment) VOL 1. BK 3. P54-59.
navel to orbital ridge VOL 1. BK 3. P78-79.
Orbital ridge to occiput. VOL 1. BK 3. P101-102. VOL 2. 25 CHARTS, CHART 18.
Knees to liver and stomach. VOL 1. BK 2. P39.
Cranial moulding - working the fire oval. HEALTH BUILDING P.156
Spiral form the umbilicus. VOL 2. 25 CHARTS. CHARTS 2, 3, 4, 18, VOL 2. BK 5. P74. [FIRE PRINCIPLE]
Releasing and balancing the Fire element triad (Eyes, solar plexus, thighs) Vol 1 Bk 1 P.48-51

WATER.

Qualities of water, functions and body parts.

Bodywork:
Lymphatic treatment. VOL 2. 25 CHARTS, CHART 3,9.
Pelvic release.
Releasing the motor poles of the water element. (Lumps in breast). VOL 1. BK 2. P83. & VOL 1. BK 1. P.80
Grounding water energy down to feet.
Perineal treatment [WATER PRINCIPLE] [referenced under Parasympathetic balancing]
Relaxed hand contacts with and against the current flow. VOL 1. BK 2. P30-31. and VOL 1. BK 3. P83-86.
Releasing and balancing the Water element triad (Breasts, genitals, feet) Vol 1 Bk 1 P.48-51
Releasing muscles at their origin and insertion VOL 1 BK 2. P.39

EARTH.

Qualities of the earth element, functions and body parts. See also Structural Balancing section as an aspect of the Earth element

Bodywork:
Colon treatment. VOL 1. BK 2. P81-82. VOL. 2 BK 5. P80-81.
Neck release work. VOL 1. BK ,3. P24-25 and P50
Releasing and balancing the Earth element triad (Neck, bowels, knees) Vol 1 Bk 1 P.48-51

POLARITY REFLEXOLOGY

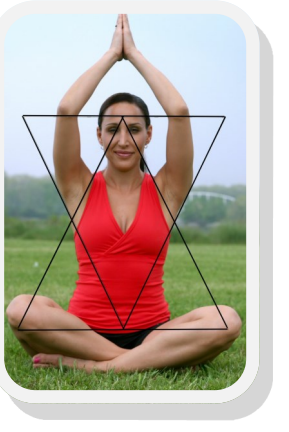
The step down of the ideal mind pattern through the oval fields, the head in the body chart. Involutionary and evolutionary reflex patterns. VOL 2. BK 5. P32-55.

Involutionary patterns
(1) Astrological Triads VOL 1. BK 1. 48-51
(2) Hand and foot reflexes (Vertical and horizontal) VOL 2. BK 5. P.35-42 & 25 CHARTS, CHARTS 5-6
(3) Head in the oval fields VOL 2. BK 5. P.51-55 & Cranial relationships VOL 1. BK 2. P.50-53
(4) 9 zones Harmonic Chart (evolutionary pattern also) VOL 1. BK 2. P.11
(5) Six Pointed Star [often referred to as INTERLACED TRIANGLES] VOL 1. BK 2. P.18 & VOL 2. BK 4. P.14 -16

Evolutionary patterns
(1) 9 zones Harmonic Chart (no. 4 above) VOL 1. BK 2. P.11
(2) Body in the head & Body in the ears VOL 2. BK 5. P.48-50 VOL 1. BK 2. P.79
(3) Five Pointed Star VOL 1. BK 2. P.16-17
(4) Bow position VOL 2. BK 5. P.43-47

Bodywork:
Involutionary Patterns
(1) Balancing Astrological triads [already covered under elements]
(2) kidney reflex treatment covered under Air Element
(3) Eye treatment using the head in the body chart chart [see also Cranial/Pelvic balance under Central Nervous System balancing] & cranial work VOL 1. BK 2. P.50-53
(4) The nine reflex zones. VOL 1. BK 2. P11
(5) Six pointed star pattern. VOL 1. BK 2. P.33. [see also under sacral corrections in Structural Balancing]

Evolutionary Patterns
(1) The nine reflex zones. VOL 1. BK 2. P11
(2) Body in the Head VOL 2. BK 5. P. 48-50 & VOL 1. BK 2. P.79.
(3) Five pointed star treatment VOL 1. BK 2. P. 32
(4) Bow position reflex relationships i.e. Ankle point reflex to top line of shoulder [referenced under 'ankle rotation' in general session]



NERVOUS SYSTEM TECHNIQUES.
Exploration of the autonomic and central nervous systems. The polarities of the nervous system.
Balancing the three divisions of the nervous system.

SYMPATHETIC BALANCING *[can also be reference under Fire element]*
Coccyx treatment. VOL 2. BK 5. P83-84. VOL 1 .BK 1. P81-83.
Sphenoid / coccyx balance. VOL 2. BK 5. P90-92.
Spheno-palantine technique. HB P.154-155
Sympathetic nervous system balancing. VOL 2. 25 CHARTS-CHART 20
Balancing the right and left pulses. VOL 2. PRINCIPLES AND PRACTICE P207-210. VOL 2. BK 5. P60.
Balancing Buttocks to Scapula VOL 1. BK 1. P.79

PARASYMPATHETIC BALANCING *[can also be referenced under Air Element]*
Perineal work. VOL 1. BK 1. P81-89. VOL 1. BK 2. P37-38. VOL 2. 25 CHARTS - CHART 7 and 8.
Sacral - Occipital balancing. Vol 2. BK 5 P91-92 VOL 2. 25 CHARTS-CHART 20
Sensory, Emotional and Respiratory Balance Vol 1 . Bk 2. P. 36
Balancing Lower Line of Buttocks VOL 1. BK 2. P.16

ENERGY MUST FLOW. SORE SPOTS ARE BLOCKS IN THE ENERGY CURRENTS. ..... THE SCIENCE AND SKILL COME INTO PLAY IN FINDING OUT WHERE THE ENERGY IS BLOCKED AND IN KNOWING HOW TO RELEASE IT.
Dr R STONE

CENTRAL NERVOUS SYSTEM BALANCING - CRANIAL TECHNIQUE
[can also be reference under Water element]
Stimulating brain centres including the sensor/motor homunculus VOL 1. BK 3. P.102
Releasing sore spots on cranium VOL 1 BK 3. P101-102
Balancing by contacts with:
(a) Anterior Fontanel VOL 2 .BK 5. P.92

(b) Third eye
(c) The Parietal (Sagittal Suture) Vol 2. 25 CHARTS, CHART 11
Cranial/Pelvic VOL 2. BK 5. P 51-55
Cranial / thoracic balance (with the breath) VOL 2. BK 5. P51-54

SPINAL WORK.

Spinal anatomy, polarity relationships and the link between the spinal adjustments and the nervous systems. VOL 2. BK 5. P15-24 and P88-89 and P93-95
Spinal balancing. VOL 2. BK 5.P15
Treatment for pain in the vertebrae. VOL 2. BK 5. P22-23.
Balancing the spine with the atlas.
Seated release for the neck and dorsal vertebrae. VOL 1. BK 2. P56-57
Lifting release for dorsal vertebrae VOL 1. BK 2. P.54
Freeing the musculature of the back. 'S' technique. VOL 1. BK 2 P31
Lateral spinal balance. VOL 1. BK 2. P48 VOL 2. BK 5. P88-89
Inhibition technique; using elbow contacts on erector spinae muscles. VOL 1. BK 2. P.29
Releasing the spine from reflexes on the feet. VOL 2. BK 5. P93-94.

STRUCTURAL BALANCING.

A mode of working with the physical structure of the body using energy balancing that is a complete sub-system, relating to the earth element, within Polarity Therapy. The fundamental concepts of structural balancing. Body reading using gravity board and plumb line VOL 1. BK 3. P62-66 and VOL 2. BK 5. P58-59.

Bodywork:
Corrections for a low arch and a high arch VOL 1. BK 2. P.45
Os calcis correction VOL 1. BK 2. P75-77.
Short leg releases VOL 1. BK 2. P25 , 44, 74. VOL 2. BK 4. P26-29.
Hip treatment Vol 1. Bk 2. P35
Hip correction treatment Vol 1 Bk 2. P.41
Sacral manipulations VOL 2. BK 4. P20-25, VOL 2. 25 CHARTS. CHARTS 22 VOL 1. BK 3. P74-77. and P87-88. VOL 2. BK 5. P64-68. VOL 1. BK 2. P33.
Upper body corrections VOL 1. BK 3. P78-79 and VOL 1. BK 2. P48
Balancing by Contour VOL 1. BK 1. P76-80
North Pole Stretch VOL 1. BK 2. P49. VOL 2. BK 5. P69-70.
Foramen Release VOL 1. BK 2. P47
Occipito-temporal release. VOL 1. BK 2. P46.

N.B ALL SPINAL WORK REFERENCED ABOVE IS A PART OF STRUCTURAL BALANCING

THE ENERGY STRESS MODEL

A psychological view point of body structure, taking into account differences between standing and sitting postures and all related to the ability of the body-mind energy to adapt over time, emotional patterns, gender/personal identity and hemispherical brain dominance. Practical applications: Body reading of the oval fields from the side and the pelvic/spinal alignment from the back. How to utilise this understanding to improve the effectiveness of verbal communication work.

COMMUNICATION AND FACILITATION

The aim of this area of practise is to facilitate and clarify with the client the patterns of their internal and external communication (the patterns of their thoughts, feelings, emotions and expression) in order that they can reorganise their life towards a higher level of wellness.

1. The Polarity model of the mind, energy and emotions.

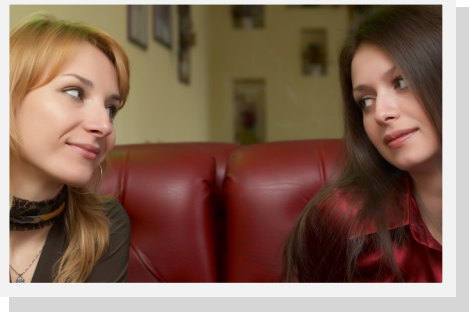
(a) The existence of a source beyond the self

(b) The unity of mind and body

(c) The flow of energy within the mind i.e. The involutionary—evolutionary cycle of the emotions (5 passions/ 5 virtues)

(d) The concept of moving from a state of unconsciousness to one of greater awareness

(e) Life energy and its relationship to emotion and consciousness. Blockages in mind energy flow manifest as pain, discomfort and mental dis-ease.



(f) The concept of the psychology of a person or that which is inside being reflected outside in their daily life.

(g) The psychological states that manifest in each of the five phases of energetic activity (5 elements)

(h) The role of the mind in healing as:

(i) the use of affirmation i.e. focus on health, growth and the source and significance of existence (top/ bottom balance). Creating positive thoughts and attitudes.

(ii) balancing male and female qualities both in internal as well as external relationships (left/right balance). The essential aspects of the male and female, structure, yin and yang, gender issues, and relationships.

(iii) understanding the significance of past experience on current and future mental-emotional behaviours and patterns (front/back balance). Exploration of time lines.

2. Personal qualities within the Polarity Therapist that underpin the achievement of the fundamental aim.
(a) Empathy
(b) Respect
(c) Concreteness
(d) Genuineness
(e) Confrontation
(f) Immediacy

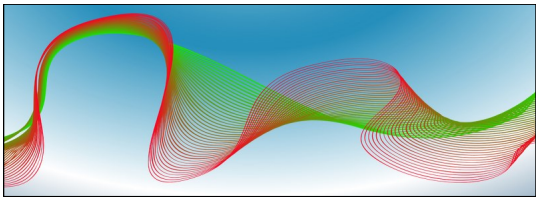
All these qualities being held within the space of a loving wisdom that is applied within the therapist themselves and to their clients ('the treatment is the way you ***treat*** the client 'R. D. Laing).

3. The tools that the Polarity Therapist uses to facilitate the fundamental aim. All of which are aspects of good communication and help to create a safe space for the client.
(a) A full understanding of the Polarity model of mental and emotional wellness (section 1.)
(b) Rapport (creating a safe or receptive space)
i. Pacing
ii. Matching
(c) Mirroring
(putting yourself in the clients position both physically and emotionally)
(d) Using the visual sense (reading the non-verbal patterns of communication).
(e) Listening (voice energetic qualities) and hearing (content).
(f) Meta-questioning - information gathering.
(g) The concept of resonance.
(h) The concept of re-framing.

Use of all the above skills in taking a case history.

SOUND

Within the framework of communication and facilitation skills the Polarity therapist is dealing with verbal communication and the role of 'sound' is intrinsic to this process. Basic sound theory is explored as set out below:
The ultra-sonic core. Sound creating structure and form. The sound qualities of the different elements and how to identify them. The positive and negative aspects of the elements and how to identify them in the patterns of communication that a person uses. VOL 2. 25 CHARTS. CHART 21.



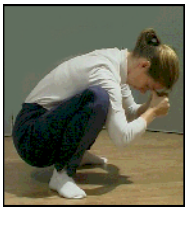
DIET AND NUTRITION

The role of diet in the healing process and the maintenance of health and its place as self help in the whole process. Dr Stones dual approach of purification (or detoxification) and tissue rebuilding through diet studied in detail. The use of skin brushing and colon hydrotherapy techniques (enemas and colonics) to facilitate this process. How to control and manage a detoxification programme. All the dietary theory is explored from the perspective of Polarity five element theory, the Ayurvedic doshic theory as well as Western nutritional understanding. Basic guidelines on the function and use of vitamins and minerals as dietary supplements. Practical experience of this work is an important part of the learning process.
Please note HB refers to the book “Health Building“ by Dr Stone]

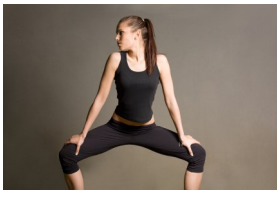
The concept of a 'healthy diet'. HB. P 36-54, 64-66
Diet and the five elements. VOL 1. BK 1. P11-12 VOL 1. BK 3. P105-112 plus following four pages. VOL 2. 25 CHARTS, CHART 24 , 25.
Dr Stone's liver flush and purifying diet . HB. P87-97.
Lemons and limes as home remedies HB. P 67-71.
Sprouts HB. P 39-41, 77-78.
Elimination via enemas and colonic irrigation HB P91. VOL 1. BK 3. P 90-92.
Channels of elimination - Skin brushing, breathing etc.
The Ayurvedic view point on diet and the three Doshas
Vitamin and mineral supplementation.
Bernard Jensen’s approach to a Health Building diet.

EXERCISE

Exploration of the role of exercise in a clients return to wellness and its continuing maintenance. Like diet, exercises are self help techniques that client takes responsibility for. The function and dynamics of polarity exercise. Contra-indications to specific exercises depending upon the clients general health, fitness and flexibility. The concept of wu wei or effortless effort. Dr Stone quote 'Subtle energy stretches done with mindfulness and attention' HB P. How to structure and teach an exercise in a one on one as well as a group context.



The Polarity Exercises of Randolph Stone including.
Cliff Hanger. HB. P 171, 181.
Brachial lifting release HB. P 179-180.
Diaphragm release. VOL 2. BK 4. P45-46.
Pyramid work. VOL 2. 25 CHARTS , CHART 14. HB. P 170, 182-183.
'Ha' breaths. VOL 2. 25 CHARTS. CHART 15. HB. P 158-163.
Woodchopper. VOL 2. 25 CHARTS. CHART 13. HB. P 159.
Scissors VOL 1. BK 2. P61.
Squat preparation HB. P 130-131.
The squat variations. VOL 1. BK 2. P84-85. and HB. P 145-157,170. VOL. 2 BK. 5 P56-57.
Spinal rocking release for the neck. VOL 2. BK 4. P47-48.
Sensory balance VOL 2. BK 5. P 56-57.



Exercises continued:

Motor balance. VOL 2. BK 5. P56-57.
Rolling release for Brachial Plexus Vol 2. BK 4. P.47-48
Rowing.
Calf cruncher.
Pierre's 'Ha' breath.
Pelvic walking.
Spinal rolling.

ANATOMY AND PHYSIOLOGY

The topic of Anatomy and Physiology is not part of the Polarity training, although some anatomy, physiology and pathology is taught especially where it appertains to the spine, nervous system and digestive system. It therefore falls to the student to undertake a course in A&P alongside the study of Polarity Therapy. You will not be required to undertake study of A&P if you have sufficient prior experience and training in this modality.

CREATING A PRACTICE.

Exploration of the problems and challenges of creating a viable practice. Personal support issues for the therapist, peer group, networking, referrals and personal therapy etc. Effective forms of advertising. Finding suitable rooms and equipment. Issues of ethics, insurance and the keeping of adequate records. Joining a professional society.

*** Please note that we reserve the right to upgrade materials and make minor alterations to the course content at any time.**

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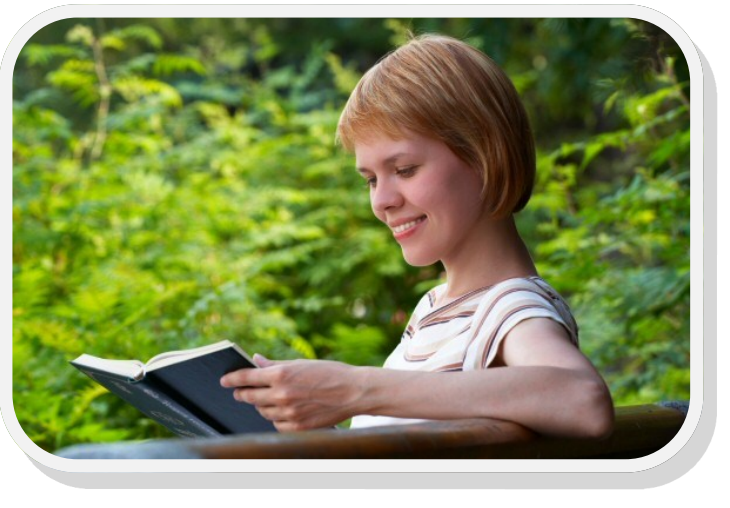

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