

Polarity Therapy

course information guide

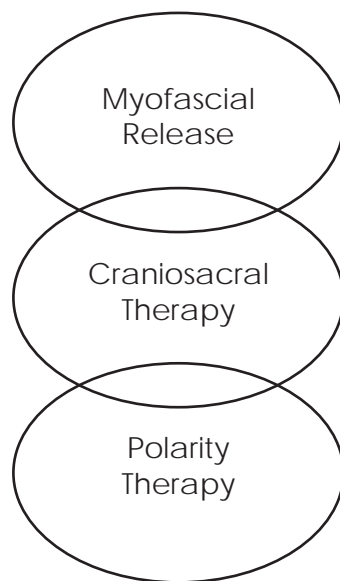


 **Cranio**sacral
ACADEMY OF AUSTRALIA

Polarity Therapy

In 1874 Dr Andrew Taylor Still introduced the Science of Osteopathy. It includes a knowledge of anatomy, physiology and philosophy, working with the principle that the tendency in the human body is always toward the normal. Dr AT Still states in his writings, "All parts in the whole body obey the one eternal law of life and motion," The origin of Cranio-Sacral Therapy lies with a doctor of Osteopathy, Dr William Garner Sutherland. He became the founder of Cranial Osteopathy. Around 1900 he discovered that the bones of the cranium aren't fused as he was taught in school, but that the sutures allow room for slight movement. As Dr Sutherland continued his research he found that restrictions within the intrinsic motion patterns of the cranial bones result in reduced function of related body systems. This motion pattern is also present within the cerebrospinal fluid. Dr Sutherland wrote: "Within the cerebrospinal fluid there is an invisible element that I refer to as the Breath of Life. I want you to visualise this Breath of Life as a fluid within the fluid, something that has potency as the thing which makes it move. Visualise a potency, an intelligent potency, that is more intelligent than your human mentality. It is something you can depend on to do the work for you."

Another Osteopathic physician, Dr Randolph Stone, who founded Polarity Therapy, also focused on the craniosacral system. He stated: "Polarity Therapy affects the movement of the cerebrospinal fluid directly... only after the cerebrospinal fluid current is established is there a beneficial reaction to any application of therapy...it is the energy current which does the healing."



The Fields represent the inter-relationship of matter form and energy. Polarity, Cranio-Sacral Therapy and Myofascial Release are the "Holy Trinity" of synergistic therapies.



Polarity Therapy

Dr Stone was not only trained in Cranial Therapy but was one of the original pioneers, in the USA, in Fascial Therapy and Neurofascial Therapy. Dr Stone also worked as a Chiropractor and Naturopath over a period of 60 years.

His Polarity Therapy is a successful synthesis of Eastern and Western therapeutic disciplines. The ancient healing art of Ayurveda as well as the Chinese tradition of Acupuncture are integrated into this unique system. Dr Stone applied his energy approach in his practice with patients exhibiting a wide range of symptoms. His remarkable success with patients led him to continue his research and studies. Starting in the late forties he published several books. He began teaching in 1960. When Dr Stone retired he moved to India where he continued his practice in a free health clinic. His extraordinary vitality was a tribute to his health building methods and his teachings.

“The object of treating is the removal of energy blocks which are the cause of real pain in the overall sweep of the wireless currents in the vital energy fields of the body.”

Dr Randolph Stone DC, DN.



Polarity Therapy

Polarity I

Healing the Human Energy System

Pre-requisites: None

Polarity Therapy is becoming the defining model for energy medicine because it offers the most comprehensive and specific model of the Human Energy System. Polarity Therapy describes in detail the various patterns and features of the human energy field, and provides valuable therapeutic approaches to each dimension of the human experience.

- Energy dynamics & general balancing
- Chakra balancing
- The elements
- Levels of contact
- Spine & nervous system techniques
- Theory on human energy system
- Vital force contact
- Laws of similars technique

Polarity II

Opening the Energy Fields

Pre-requisites: Polarity I

In Polarity II many concepts and philosophies of Polarity are detailed with practical protocols that can be applied to clinical practice.

- Principals of Polarity review
- General session review
- The Pentamiurus pattern
- Oval body cavities
- Three primary sets of geometric relationships
- Energetic evaluation & integration
- Five universal energy patterns
- Chakra system expanded
- Pranic energy
- Polarity zones

Polarity III

Expanding the Energy Field

Pre-requisites: Polarity II

In these seminars information on spinal balancing protocols and associated energetic structures are detailed. This seminar will expand on spinal energy dynamics.

- Geometries of involution and evolution
- Geometries of symmetry and balance
- Five Pointed Star & Six Pointed Star
- Balance of the sympathetic system
- Energy nutrition
- Lovette Brothers sequence
- Lymphatic massage sequence
- Spinal balancing session
- Parasympathetic balancing
- Stretching postures



Polarity Therapy

Spinal Release Therapy - 2 Day Workshop

Spinal Release Therapy focuses on restoring the body's centre of gravity (L5-S1) into a balanced state and releasing patterns of strain that are impacting on spinal nerves and vertebrae.

The entire weight of the upper torso presses down on this lumbar sacral region, which is also affected by other forces, stress or trauma exerted on the body. Spinal Release Therapy seeks to address and resolve the imbalances that may arise.

This course will cover:

- Restoring the body's centre of gravity to proper positions and relationships to each other
- The effects of trauma and strain on the vertebrae
- Mechanics of body framework – relationships amongst ligaments, bones, muscles, viscera, and fascia and the centre of gravity.

Treatment protocols using light touch therapies such as:

- The Lovett Brothers
- Craniosacral Reflexology
- Chakra vertebrae therapy
- Polarity Spinal Balancing techniques

Spinal Release Therapy is suitable for all those who are treating have spinal complaints and merges easily with other areas of bodywork, in particular Cranio-Sacral Therapy, Polarity Therapy and Myofascial Release Therapy. This seminar is very much hands on and techniques can be applied immediately to your clinic treatments.

Pre-requisites: Somatic CST I or Polarity Experience (ie Polarity I)



Polarity Therapy

Course Fees 2010

Adelaide

Polarity I - 2 days	\$295 - Also available in Sydney
Polarity II - 5 days	\$695
Polarity III - 5 days	\$695
Spinal Release Therapy - 2 days	\$395 - Also available in Sydney

Taught by Kathryn Garth & Diane Otto

“The object of Polarity is to establish an understanding of those underlying factors in the treatment of disease, from a finer, wireless energy standpoint, which embrace all branches of the healing art.”
Dr Randolph Stone DC, DN.