



**POLARITY THERAPY**  
**THE WISDOM OF ALL ENERGY**

**LEVEL 1 TRAINING**

**A JOURNEY OF  
TRANSFORMATION**

*Polarity makes all things possible.  
It is the Heartbeat of the Soul and of Existence.*

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# WHAT IS POLARITY THERAPY?

Polarity Therapy is the **art and science** of releasing energy blocks in the human body energy field using the **polarity principle** to restore the integrity of the energy fields and balance the flow of energy that governs all aspects of human life.

Polarity Therapy **assists the body to heal itself** and restore balance between the body, mind and soul. It is infused with ancient and modern sciences that go to the core-energy of:

- 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 along with the digestive, eliminatory, endocrine and nervous systems,
- bringing release in times of stress and emotional turmoil,

Polarity Therapy is also more than a healing modality. It is an understanding of human life and a way to live harmoniously with nature,

## THE POLARITY PRINCIPLE

The Polarity Principle is the Creating Law of Nature underpinning all expression of life. It belongs to no particular school or philosophy, art or science. It simply makes all things possible.

Opposites and their Laws of Attraction and Expulsion enable movement and the creation of patterns and forms, enabling the energetic patterning of human life.

We begin to teach these Laws in this training for your to experience in yourself and others.

## WHO CREATED POLARITY THERAPY?

In the early part of the last century, Dr. Randolph Stone considered there was something missing with the naturopathic, chiropractic and osteopathic skills he was working with in his practice in Chicago, Illinois, America. He traveled to China, India and the Middle East to study the Eastern healing and spiritual traditions. Here he learnt about the body's life energy patterns and their determining effect on structure and form. From this he formulated a system of hands-on healing, yoga, diet, nutrition and counselling to restore balance between the energy field, the nervous system and body structure.

## BENEFITS OF LEARNING POLARITY THERAPY ENERGY BALANCING

When a block to the free flow of energy is anywhere in the body, everywhere else will be effected. On the one hand there will be a build up of energy causing inflammation, heat or anger, and on the other hand there will be a depletion of energy causing cramping, coldness or depression.

Learning where and how to release and re-stimulate the flow of energy in the body is a great service to yourself, loved ones, clients, and the planet.

As Polarity Energy Balancing re-establishes the integrity of the blueprint of human life and intelligent function, it will benefit all aspects of human life, i.e. physical pains negative thinking, sleeplessness, hyperactivity, poor digestion or colon disorders.

When energy is free flowing, toxins and their companion emotions are released, the body is free to breathe and pulsate, the mind is able to centre and become still.

A balanced energy flow will also greatly serve the spiritual aspirant. Chakras spin into alignment, the energy field supports meditation rather than distract from it and helps to set the soul free.

## **IS THIS TRAINING FOR YOU?**

There are no pre-requisites. This course is well suited to men and women of all ages that relate to any of these:

- a) Beginning, or well underway with their personal-development, energy awakening and transformation journey,
- b) Feeling a pull to work with others, or would like to learn this modality for themselves and to care for loved ones,
- c) Intuitive and empathic; whilst you learn a sequence of steps, this modality enhances your psychic and intuitive perceptions along the way,
- d) Established practitioners in the healing arts and sciences wanting to further develop their skill and wisdom. It provides complimentary and integrative knowledge and techniques.
- e) Wanting to evolve in love and raise the vibration of loving connection with themselves, others, the Earth and The Divine.

## **COURSE CONTENT**

Through this extraordinary introductory training in Polarity Therapy Energy Balancing, you will discover and practise ways to release energy blocks based on an understanding of the core-energy pulsation and the intelligence of human life.

**This course provides** a detailed mapping of the human energy field with its centres, fields, pathways and geometric lines of force.

**The focus** is to provide the tools to balance the human energy field when it becomes blocked enabling the body to restore the self-healing process and consciousness to continue its path of evolution.

**The tools** include hands-on polarity balancing techniques, polarity yoga, self-awareness, rapport building skills, student clinic and you will receive a comprehensive manual covering theoretical and practical aspects of Polarity Energy Balancing.

**Lessons** incorporate yoga and meditation, presentation of course topics, techniques and procedures, questions and answers and a relaxed, sharing environment.

Specifically you will learn to balance:

The 5 elements: ether, air, fire, water and earth.

Liver, gallbladder, spleen, pancreas & stomach.

3 divisions of the nervous system.

7 main chakras.

## **THEORETICAL PRINCIPLES AND COURSE TOPICS**

1. How Energy transforms itself to create matter

2. Unity and the Polarity Principle

3. The Energy Anatomy of Human Life Prana:

Life Giving Force within the Breath

Pranic Life-Breaths within the Body

3 main Energy Currents in the Body The Energy Fields, which enable the Function of Body Mind and Senses

Chakras and their Correspondences

4. The Crystallisation of Energy and the Emergence of form

Sacred Geometry of Human Life

Astrological Zodiac and the Human Body

Geometric Lines of Force Giving Rise to Structure

5. Polarity Energy Balancing

Polarity relationships in the body balancing energy

6. Techniques & Procedures of the General Polarity Energy Balance

A comprehensive hands-on healing system to balance the human energy field. Specific techniques and procedures work on the front and back of body at various balancing points.

7. Polarity Yoga & Meditation

An introduction to self-healing enabling the individual to balance their own energy field.

## **DELIVERY METHODS**

### **Instructor-led training**

A. Online live video calls via Zoom

B. Person to person in the classroom

C. Small class size of 5-8 students

## E-learning

Pre-recorded content and educational documents

## Flexibility

Whilst the preferable delivery style is instructor-led training face-to-face in the classroom, with the uncertainty of Covid 19 restrictions that might arise from time to time, backup strategies for online training are available.

Delivery times and locations may be flexible depending on who is enrolled, i.e. where students are located.

## Class Location

Private address in Bronte, NSW. (Option 3 training may be located in your home or another venue of your choosing. A travel fee maybe added depending on your location)

## **OPTION ONE: 8 WEEK PART-TIME COURSE**

2 x 2 day weekends of face to face training, Saturday and Sunday from 10am to 4pm

3 x 2.5hrs online tutorials, i.e. theory, facilitation of techniques, professional service skills and legal requirements

1 x 1.5hr Demonstration and Transmission of the “General Energy Balance” either live online, or pre-recorded, or face to face in the classroom

2 x 1.5hr online group support “check in” video calls on Zoom

4 x 4hr Student Clinics, either in the classroom or online. If online, the student must source their own people to work on.

Note: the above is subject to change as determined by the student group needs.

## **OPTION TWO: 6 DAYS FULL-TIME**

Delivery in the classroom. Can be attended either consecutively, or over an arranged period of time. Day 1 has the option of being taught online as a pre-recording up to two weeks before Day 2 starts, so that only 5 days of classroom time are required.

9:30am to 5:30pm daily.

Day 1 pre-recorded option may be learned at own pace, prior to start of classroom day 2.

Possible Student Clinic hours, see Note 2 below.

*Note 1:* Sometimes the 6 days are offered as a residential retreat training.

*Note 2:* the lesson plans and hours are subject to change as determined by the student group needs. Whilst opportunities are presented for students to complete assessment requirements over the 6 days, sometimes longer is needed. Students may still need to attend the Student Clinic to complete practical hours, and they may need extra time to complete their written assessments before receiving certification and graduating. Please allow yourself time for this.

## **OPTION THREE: 4 DAYS ONE-ON-ONE**

Face to face in the classroom and can be as arranged, either consecutively, or over an arranged period of time. This is personalised one-on-one training, where you have the trainers' full attention, with no other students present. Either the teacher or student can arrange people to practice on.

## **TRAINING DATES & TIMES**

### **OPTION ONE**

**8 weeks begins: 1 June 2021 | completes: 25 July 2021**

**Tuesday Tutorials and check in calls 6:30pm - 9:30pm: 1 June - 20 July (no class 13 July)**

**Wednesday Student Clinic 9:30am - 1:30pm (client sessions start 10am): 30 June - 21 July.**  
Flexibility may be considered to accommodate student's availability.

**Sunday Graduation Dinner and Ceremony 7pm: 25 July**

### **OPTION TWO**

**6 days begins: Wednesday 16 June 2021 | completes: Monday 21 June 2021**

9:30am - 5:30pm daily.

Some flexibility available with Day 1 starting online, days 2-6 in the classroom.

**Optional Wednesday Student Clinic to catch up on assessment criteria,**  
9:30am (10am clients start) - 1:30pm: 30 June - 21 July.

**Sunday Graduation Dinner and Ceremony 7pm: 25 July**

### **OPTION THREE**

**4 days By request:** Combination learning online and in classroom. Contact Shantell Shakti.

## **ASSESSMENT AND CERTIFICATION**

General Assessment will be ongoing through observation during practice times and through oral and written questionnaires. Adequate opportunities will be provided to bring each participant to the required level of competency. Specific certificate qualification assessment includes:

1 x Written assessment - Q&A

1 x Practical Exam

Clinical Practice: minimum 10 hours

2 written case studies with 3 session each

A **Certificate of Polarity Energy Balancing** will be provided upon competency and the completion of the Course and is recognised and endorsed by the **Australian Polarity Therapy Association**.

You may also become a member of the Australian Polarity Therapy Association to be listed as a practitioner on the website.

## **ONGOING STUDY**

Continuing Professional Education (CPE) is important for all therapists to keep their professional training active. 12 + hours each year is recommended.

**Elective courses** are available at various times during the year.

**Ongoing Student Clinic** for variety of experiences

**Polarity Therapy Level II** will be available as a comprehensive system of hands-on healing and detailed study of the Energy anatomy of the sacred body including the 7 chakras, sacred geometry, the way energy steps it self down to create all forms of life, the polarity relationships in the human body, the role and emotions in the health – disease process, as well as the astrological signatures of human life.

## **TRAINING INVESTMENT - LEVEL 1**

<b>8 Weeks part-time</b>	<b>6 days full-time</b>	<b>4 days one-on-one</b>
<p><b>\$827</b> (includes manual)  <b>Or 3 payments of \$279</b>, final payment completed before start of training.  <b>Bonus:</b> Nutrition module</p>	<p><b>\$700</b> (includes manual)  <b>Or 3 payments of \$237</b>, final payment completed before start of training.</p>	<p><b>\$1200</b> (includes manual)  <b>Or 3 payments of \$400</b>, final payment completed before start of training.</p>
<p>Join with friends and each receive \$50 off</p>	<p>Join with friends and each receive \$30 off</p>	<p>Bring a friend and each receive \$150 off</p>

## **SCHOLARSHIP APPLICATION**

If you would like to be considered for a partial scholarship email [shantellshakti@gmail.com](mailto:shantellshakti@gmail.com)

## **ENROLMENT FORM LINK**

<https://form.jotform.com/shantellshakti/pt1-enrol>



# **TERMS, CONDITIONS, REFUNDS & CANCELATIONS**

## **Attending Polarity Therapy Training**

Notice: the nature of Polarity Therapy is to bring you back to health, balance and vitality, therefore any blocks or unresolved issues may stir up for healing and transformation. The nature of this work is to also create a safe, loving environment for you meet these parts of yourself and to work through those places. You are required to be self-accountable for your triggers and processes. If you need extra support or assistance, let Shantell Shakti know. She is here to support your healing and integration and it is empowering for you to take action and ask for support when you need it.

## **Injuries and medical conditions**

We ask that you take responsibility for yourself to ensure that you always listen to your body, move and position yourself in integrity with the state of your body, and communicate with us throughout the training. If you have an injury and decide to attend the training, you agree to monitor your own movements and take care of your body. We do not encourage an approach of pushing yourself, or forcing your body in any way. By following the instructions carefully, it is highly unlikely that you could injure, or flare up a condition in yourself. Thankfully, we are creating an environment together for supporting our return to health.

## **Confidentiality Agreement**

It is a condition of your participation in Polarity Therapy Training that you agree to keep confidential all methods, techniques, ideas, knowledge, information, manners of delivery, instructions, principles and practices of the training, including the experiences of other participants and assistants.

You also agree to uphold the trust between yourself, Shantell Shakti and guest facilitators by not divulging, publishing, recording, giving away or otherwise sharing the principles, practices and techniques that you learn as a result of your participation in Polarity Therapy Training.

## **Notice of Refund and Cancellation Policy**

\$100 of your investment is non-refundable or transferable.

- \* More than 7 days notice of non-attendance:  
Your investment may be refunded minus the non-refundable \$100. You may also choose to transfer your investment (minus \$100) to another Polarity Therapy training within 3-months.
- \* Less than 7 days notice of non-attendance:  
No refund.  
Your investment may be transferred (minus \$100) to another Polarity Therapy training within 3-months.
- \* No notification, or if you don't show up for training, or once the course has started:  
No refunds, or transfers.
- \* If we cancel the training,  
A full refund, or full transfer applies.

*Thank you for your interest in exploring  
Polarity Therapy training  
We invite you to share this incredible journey with us  
Reach out to Shantell Shakti if you have any questions.*

