

## What Is Polarity Therapy?

Dr. Randolph Stone (1890-1981) developed Polarity Therapy. Through his practice as a chiropractor, osteopath and naturopath and his extensive research of Eastern and Western healing systems, he created an approach to health that strives to align, balance and revitalize all dimensions of the human being: body, mind, emotions and spirit.

Polarity Therapy combines nutrition, yoga and energy system balancing to promote the inner harmony and vibrant health we require to live our highest lives.



*"The rain has stopped, the clouds have drifted away, and the weather is clear again.*

*If your heart is pure, then all things in your world are pure...*

*Then the moon and flowers will guide you along the Way. "*

- Zen poet Ryokan

## What To Expect

- A Polarity session lasts for approximately 90 minutes
- You will remain fully clothed during your session (light, loose clothing is best)
- Each session is customized to your treatment needs. My goal is to apply specific techniques to create flow and balance in your energetic systems.
- Most of this work is subtle. At times, you may experience light hand contact, or points being connected to open your pathways
- You may experience a very deep relaxation (a "Tasmic State") while receiving this work. This state allows for stimulation of the nervous system and for healing to occur.
- Drinking plenty of fluids and performing other self-care after your session is significant to supporting your healing process

## About Your Polarity Therapist

Monica Aranguren received her Polarity training at the Polarity Realization Institute, Ipswich, MA (now known as SpaTech Institute). She has been Nationally Certified in Therapeutic Massage and Bodywork since 1998, and is a member of the Associated Bodywork and Massage Professionals organization.

Monica's mission is to support the most vibrant life of each of her clients. She honors the unique goals and healing process of each individual, and promotes the health and highest self-fulfillment of each of her clients.

Monica is gregarious, compassionate, enthusiastic, focused and maintains the highest integrity and professionalism in her work.

## Benefits Of Polarity Therapy Include

- deep relaxation; stress reduction
- increased vitality
- deeper connectedness with the inner self
- clarity in making decisions that support the self
- greater assertiveness to move inspirations into action
- balanced emotions
- improved breathing patterns
- boosting immune system
- chronic low back pain relief
- digestive disorder relief
- joint stiffness and pain relief
- entering the labor stage of the birthing process without fear or apprehension

## What Clients Say About This Work

“My body slowly awakened, blockages opened and energy began to move. A deep healing occurred for me from the outside in.”

“I feel relaxed, soothed, positive.”

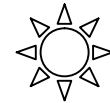
“A truly amazing holistic experience. Just relax and let that beautiful white light enter and cleanse your spirit and balance your energies. Wonderful.”

“Through Monica’s caring, supportive and intuitive abilities, I was able to access very deep healing and gain an understanding of my energy body. Very empowering work.”

“I feel very clear, energized and restored.”

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DBA A Joyful Awakening

# Polarity Realization Therapy



## Awaken to the Joy of Feeling Fantastic!

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