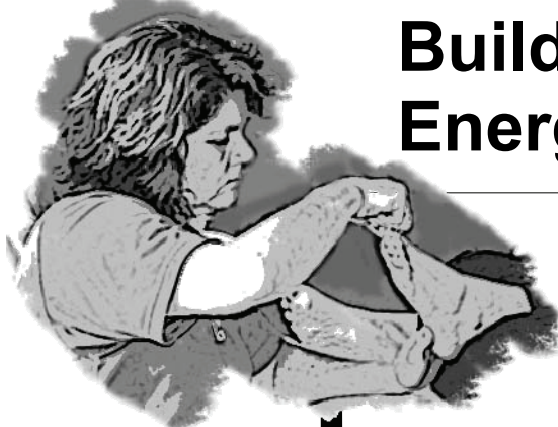


An essential seminar to improve your techniques and expand the scope of your practice



Building Your Practice With Energy-Based Bodywork

This program offers:

- **National Certification (transferrable to all states) through the American Polarity Therapy Association**
- **Ohio State Board of Career Colleges registration under the Ohio Institute of Energetic Studies (Reg. # 00-01-1528T)**
- **National Certification Board for Therapeutic Massage and Bodywork CEU's**

Benefits of Learning Energy Bodywork

- Learn point-specific work for energy balancing
- Balance the body with an understanding of Ayurvedic elements: Ether, Air, Fire, Water, and Earth
- Understand the science of energy, gain the ability to sense energy, create an energy field, and identify and release energy blocks
- Learn energetic assessment via the five elements
- Work smarter- not harder
- Learn energetic unwinding techniques
- Learn the holistic approach to healing, including chakra balancing, cranial sacral balancing, and specific energetic reflex points
- Learn how integrating energy techniques can build your practice
- Understand the Ayurvedic approach to bodywork

"What attracted me to energy bodywork initially was that the roots were in Ayurveda. I soon discovered the diversity - especially in the energy balancing techniques and the point-specific work.

I WAS HOOKED! It blends so well with Massage- I really do work smarter not harder. I have seen incredible results with my clients by integrating these techniques into my Massage practice."

-Colleen McDermott, LMT, APP

"I have been able to use a more proactive and holistic approach with my massage clients by integrating energy work into their sessions.

It is amazing to see immediate stress reduction and the changes in their awareness.

They become so in-touch that they can feel the actual energy blocks releasing while I am doing the energy balancing work.

Polarity has given me a bigger and better tool chest to use and this has helped to increase my client base substantially.

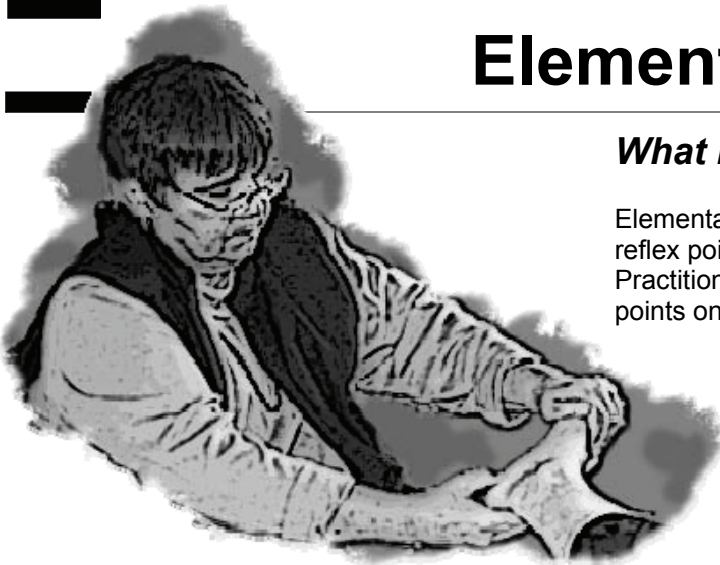
IT WORKS!"

-Cynthia Taylor, LMT, NCBTMB

Ohio Institute
of Energetic Studies & Bodywork



Your clients have been asking for energy work— it's time for you to provide it!



Elemental Reflexology™

What is Elemental Reflexology™?

Elemental Reflexology is an Ayurvedic system which focuses on foot reflex points which correspond to the five basic elements. Practitioners are able to locate, identify, assess, and balance specific points on the feet according to elemental reflexology information.

Faculty

Mary Jo Ruggieri, PhD, RPP
 Shila Wilson, RPP, RCSP
 Judy Tancino RPP
 Charoula Dontopoulos, BA, RPP, CPE
 Sally Collamore, BME, RPP

Mary Jo Ruggieri, PhD, RPP
 Course Director

Mary Jo is the founder and director of Columbus Polarity, Center for Integrative Health and Wellness and the Ohio Institute of Energetic Studies and Bodywork, which trains and educates students as Energy Practitioners, Polarity Practitioners and Holistic Health Educators.

She has taught Complementary and Alternative Medicine (CAM) modules to OSU first year medical students for twenty years, and supervises fourth year medical students in CAM rotation studies.

Mary Jo has taught and established classes at Hocking Technical College, University of Utah, Bellevue Hospital, and Blue Sky Educational Center in Milwaukee, Wisconsin.

She has maintained a private Polarity and Health and Wellness practice for fifteen years and is frequently invited to speak about Holistic Health, Complementary and Alternative Health Care, and Energy Therapies at the local and national level.

What you will learn:

- The specific elemental reflex points on the feet and their correlation to the elements
- Specific balancing techniques which, when applied to accupressure/energy points will balance the elements and promote relaxation
- Identify which elements are out of balance through assessing the Elemental reflex points
- You will become proficient in Elemental Reflexology assessment
- Science and Theory of Elemental Reflexology

Training Costs

This training normally costs \$1600. However, for this special series, LMT's will receive a \$400 discount if registered by September 1, 2008. Minimum deposit is \$200 and 0% interest payment plans are available for the balance. Additional fees for personal sessions and training materials apply.

Level I

Introduction to Elemental Reflexology

Overview of Elemental Reflexology Charts, History, Understanding the Elements

Cleveland: 9/20 - 9/21/08
 Columbus: 10/4 - 10/5/08

Level II

Ether/Air Elemental Reflex Point Locations, Foot Exercises, Chakra Reflexes

Cleveland: 10/18-10/19/08
 Columbus: 11/1 - 11/2/08

Level III

Fire Elemental Reflex Point Locations, Reading the Feet, Assessment

Cleveland: 11/15-11/16/08
 Columbus: 12/6 - 12/7/08

Level IV

Water/Earth Elemental Reflex Point Locations, Case Studies

Cleveland: 12/13-12/14/08
 Columbus: 1/17 - 1/18/09

Levels 1-4 must be completed for certification

Continuing Education Information

Healthcare professions: Elemental Reflexology training qualifies for continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

Polarity Practitioners: Ohio Institute of Energetic Studies & Bodywork training is approved by APTA as a continuing education provider. Each level of the Elemental Reflexology course offers 15 CE hours.

Visit us online at www.ohioinstitute.com

Associate Polarity Practitioner

NCBTMB
75
HRS
APPROVED

What is Polarity?

Polarity is an extremely popular and unique integrated system of energy balancing.

Polarity has its structure in the traditional system of Ayurveda. It is a system of energetic balancing, reflex and acupressure points that work with the body's energy system.

Polarity Therapy training has four components:

- Energy Bodywork for each Element
- Energy Exercises/Yoga/Relaxation
- Energetic Food Awareness
- Lifestyle Skills Education

What is Associate Polarity Practitioner (APP) Training?

APP training is core training for Polarity bodywork and involves 155 hours of an integrated and holistic course.

Completion of Ohio Institute's APP program provides national registration with the American Polarity Therapy Association and a state certificate program.

Faculty

Mary Jo Ruggieri, PhD, RPP
Echo Wright, AB, RPP, CPE
Irina Tratintseva, MA, RPP
Dominic LaFay, RPP, RPE, LMT, BA
Charoula Dontopoulos, BA, RPP, CPE
Sally Collamore, BME, RPP

Training Cost

Tuition normally costs \$2370. However, for this special series, LMT's will receive a \$570 discount if registered by September 1, 2008. Minimum deposit is \$200 and interest free payment plans are available for the balance. Additional fees for personal sessions, clinical fees and training materials apply.

Level I*

Intro to Energy Medicine and Basics of Polarity Therapy

Cleveland: 9/20-9/21 or 10/4-10/5/08
Columbus: 10/11-10/12 or 10/18-10/19/08

Level II

Ether, Chakra and Cranial Sacral Balancing

Cleveland: 10/18-10/19/08
Columbus: 11/8-11/9/08

Level III

Air Element, Air Exercise, Air Foods, Energetic Anatomy

Cleveland: 11/15-11/16/08
Columbus: 12/13-12/14/08

Level IV

Fire Element, Fire Exercises, Fire Foods, Energetic Anatomy

Cleveland: 12/13-12/14/08
Columbus: 1/17-1/18/09

Level V- VI (3 days)

Water/Earth Element, Water Exercise, Water Foods

Cleveland: 1/23 -1/25/09
Columbus: 2/20 -2/22/09

*Level 1 can be attended separately as an introductory class.
Fee: \$295

"I began learning and practicing Polarity Therapy to have a niche and an edge to my Massage Therapy practice.

Seven years of clinical bodywork practice later; I now practice Polarity Therapy almost exclusively.

My Massage Therapy clients love the integration of the two because the results are exponentially greater.

As a practitioner, I find that same integration to be practical and almost effortless. It's time to move beyond 'form and function.'

Welcome to the world of energy."

-Dominic L. LaFay, LMT, RPP



Continuing Education

Massage Therapists: Ohio Institute of Energetic Studies & Bodywork APP training is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. (Provider # 01-01-1528T) Each level of this course offers 15 CE hours.

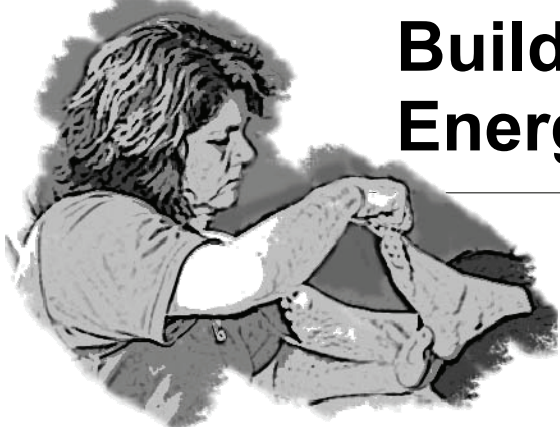
Other professions: APP training qualifies for continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

Information

Columbus: 614.299.9438

Cleveland: 216.226.2912

An essential seminar to improve your techniques and expand the scope of your practice



Building Your Practice With Energy-Based Bodywork



of Energetic Studies & Bodywork

Registered with the State Board of Career Colleges and Schools (Reg. # 00-01-1528T)

Special offers exclusively for LMT's

- Earn up to 75 Continuing Education Hours from NCBTMB with Associate Polarity Practitioner Training
- Reduced pricing: \$570.00 off the regular tuition for APP training
- Reduced pricing; \$400.00 off Elemental Reflexology training

Limited Offer: You **must** be registered for training by September 1, 2008. You **must** be a Licensed Massage Therapist in order to receive the special discount!

Classes available in Columbus and Cleveland! You do not have to take all levels in one city. Choose the dates that work for you!

Interest-free financing available (minimum \$200 down-payment).

For details and to secure your discount:

Cleveland 216.226.2912 ▪ Columbus 614.299.9438 ▪ Email: 4energy@columbuspolarity.com

Visit us online at www.ohioinstitute.com

Your clients have been asking for energy work– it's time for you to provide it!



of Energetic Studies & Bodywork

170 West Fifth Avenue
Columbus, Ohio 43201

[APP Program Info](#)

[What is Polarity?](#)