



NEUTRAL SPACE RELAXATION®

The Neutral Pathway

Polarity Therapy EPP & RPP

Practitioner Course

Relaxation Bodywork



Neutral Space Relaxation® Typical Local Venues UK

'Relaxation Stability in Life'

This Course is for students who are seeking an understanding of 'Deep Relaxation' for inner Core stability in a totally holistic way including:

Carers,
Health & Wellbeing,

Physical education & Yoga Teachers
Fitness & Physio Trainers,

Reflexologists
Massage Practitioners

RELAX
Recover
Reconnect

NSR
Practitioner
Course



NEUTRAL SPACE RELAXATION



NEUTRAL SPACE RELAXATION®

Group Relaxation Bodywork



Within this course we explain how we can understand choice, with strategies to make a difference for life balance.

The Course

The course is transformational for body, mind and spirit.



The Course content

What is included?

Accredited course activities

Practitioner Certification at each level with Neutral Space Relaxation® enabling you to have Clients and work with Relaxation for Health sessions.

What is not included?

Your travel to and from the venue in UK

Accommodation: B & B (AirBnB) in Dorset, and/or the surrounding area.



NEUTRAL SPACE RELAXATION®

Course Facilitators

Lyn and Graham Whiteman –

Dip. PT, RPT. Dip Hyp. CQHHT Adv. Practitioners.

Co-Founders of Neutral Space Relaxation® each with over 19 years' experience with Relaxation bodywork and Practice Principles.



OUR VISION FOR NEUTRAL SPACE RELAXATION®

“...to relax, ...to inspire, ...to enjoy”



All our courses are accredited by:



IPHM -International Practitioners of Holistic Medicine.



'The Relaxation Academy'

Our Courses are recognised by
UKPTA & IPEA



Value – The content, right from the beginning, is life changing, only you can price the results.

Please see 'Options' on the website for more information.

The pathway: for Polarity Therapy Training

- ✓ Full Course Manual, Certificate, Insurable, Accredited
- ✓ Pictorial Guide sheets for all the bodywork sequences for easy learning
- ✓ Comprehensive training – guidance and support

- 1 Day - NSR Introduction Day
*Training and guidance through our basic session
(Friends and Family use only)*
- 3 Day - Practitioner Course+ Case Studies
NSR Professional qualification Relaxation Specialist
- 3 Day - Advanced Practitioner Course + Case Studies
*To increase the depth of knowledge (energy dynamics)
for relaxation bodywork.*
- 4 Day - Neutral Principles Diploma - Polarity Therapy EPP Level
(UKPTA Recognised Level of Training)
+ Case Studies (equiv. 20 Days overall from Intro Day)
The Study of Energy Medicine with Neutral Bodywork

Anatomy and Physiology Course completion ~ Separate provider of your choice.

(to be completed prior to joining an RPP Course)

- 12 Day - Polarity RPP Diploma to include course work
+ case studies (24 Days ~ equiv. to RPP 62 Days overall to include A&P)
*Course will cover Therapeutic Bodywork
Health Building Diet, Polarity Yoga & Exercise and Polarity
Awareness with Practice management*

Polarity Training UK

UK Polarity Pathway Document & UK Training Programme



**Polarity Presentation
Talk and Tasters**

1
1

Polarity Introduction

1

1

**Polarity Relaxation
(Student of Polarity)**

1 2 3 4

4

(Including Intro)

Student Practice Days 1 2 3 4 Case Studies and mentoring

4

Training Hours Approx 60 8

P H P Course

Equivalent to EPP

Pre-requisite to course entry

1 2 3 4 5 6 7 8 9 10 11 12

12

Student Practice Days

1 2 3 4 5 6 7 8

To include mentoring of an appropriate
number of client session hours

8

A & P to be achieved prior to completion of course

Training Hours 200 equiv 20

Polarity RPP Course

Equivalent to PTP

Bodywork

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

18

165 Hours

A&P

1 2 3 4 5 6 7

8

50 Hours

Polarity Comm
& Awareness

1 2 3 4 5 6 7 8 9 10

10

65 Hours

Health Building
& Diet

1 2 3 4 5

5

35 Hours

Polarity Yoga
& Exercise

1 2 3 4

4

28 Hours

Practice
Management

1 2

2

12 Hours

Student/ Client
Sessions

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

15

120 hours

RPP Polarity Course 475 Hours 62

Days

Polarity - By Modules

Trainers to apply to UKPTA / APEF with course Module Contents

Polarity - Post Grad

Trainers to apply to UKPTA / APEF for CPD recognition.
Courses can be within RPP format or post Grad

Courses Available to all levels of Polarity Members
Open to all practitioner / therapist community



www.ukpta.org.uk

UKPTA Polarity Training UK
derived from the UKPTA Curriculum

Contact us today
to secure you place
for this experience:
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