

## **What is Polarity?**

**Energy blockages are caused by stress; emotional, physical or mental stress. When energy is unbalanced or blocked, pain and disease become part of our physical reality.**

**In the healing arts, Polarity is special because it addresses all the dimensions of our human experience - physical, mental and emotional through a deeply relaxing, meditative and spiritual form of bodywork which assists your body - which was designed by nature to heal itself - to do just that.**

### Testimonials

*I really look forward to my Polarity sessions with Amy. Not only are they the most relaxing part of my week, the benefits extend beyond the session - I frequently close my eyes and draw on the experience during everyday stresses. My 'relaxation response' begins hours before my scheduled Polarity appointments. Amy takes so much time - we're never rushed. The environment is inviting and conducive to the work. She always begins by asking if there's something I'd specifically like to work on, and no session has ever been the same. -Charles H.*

*After receiving four treatments from Amy, I can*

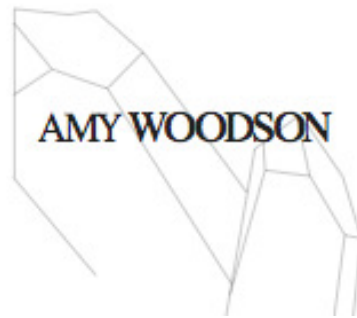
*heartily refer potential clients to her based on my own repeated positive experiences. Amy is well versed in the healing art of Polarity Therapy and Massage, as well as being a warm and welcoming professional. I always leave feeling a deep sense of relaxation during and after my sessions with her. - Paul M.*

*When driving home I noticed changes almost immediately. Many decisions I've been running through my mind have become more clear and I'm feeling more healthy, strong and centered in my body. I've been reflecting on your channeling and feel comforted, happy and now that I think of it, more powerful as I hear your words in my head once again. -Sue L.*

*"I have had the good fortune to have had many Polarity sessions with Amy Woodson. Each session was a profoundly unique experience. Polarity sessions with Amy are extremely relaxing and healing. I found myself quickly going into a very deep meditative state completely losing all track of time. Amy combines her skill as a massage therapist and her training in Polarity resulting in a truly unique healing experience. I would highly recommend a Polarity session with Amy to help you heal physically, mentally and spiritually" -Gabor K.*

Everything is Energy: Be aware of the thoughts, emotions, food, drugs/supplements, music, exercise, work, fun, sensuality, nurturing, sleep, and relationships, etc., that you partake in and/or expose yourself to. We can shift our energy, for good or for bad, by engaging in any thought, emotion, physical activity, behavior, and/or interaction, be it internal or external. Bodywork is just one way to help de-stress and keep in balance. Other forms of self-care are equally important. Strangely enough, we all seem to need frequent reminders to pay attention to the basics of nurturing ourselves: breathe deeply, eat well, sleep enough, exercise and keep hydrated! Give yourself permission to be quiet, to be playful, to rest, relax and have some fun. Rest and relaxation is an important counter-part of productivity and maintaining balance. Do the best you can to support yourself and others in positive ways every day, every little bit helps.

*"Up to the Twentieth Century, reality was everything humans could touch, smell, see, and hear. Since the initial publication of the chart of the electromagnetic spectrum, humans have learned that what they can touch, smell, see, and hear is less than one-millionth of reality." - Albert Einstein*



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