



# SCHEDULE



## FRIDAY 8th September

4pm **WELCOME and OPENING CIRCLE**

6:30pm **DINNER**

8-9pm **FOLLOW UP SESSION** from last Gathering and setting the scene. Members are being invited to give feedback of any news in their world of Polarity since last Gathering.

## SATURDAY 9th September

7:00am **RISE and SHINE-** Aroma Yoga class- Zorka Grigorov & Simone Oggier (engl.)



8:00am **BREAKFAST**

09:30am **ASTRO POLARITY** - Energy connects the world- Iris Breuert (dt.)

Energy connects the world Astrology records energy in its form. Polarity works with energy in humans. Both are wonderful. The cosmic energy in the sky finds expression in our body, our energy system. This workshop aims to make the energetic patterns of the current constellations tangible and to make possible opportunities and opportunities in the IPEA horoscope. Astrological knowledge is good but not necessary. (german/english translation)



11:00am **TEA, COFFEE BREAK**

11:30am **SYMPOSIUM-** The soul in Polarity- Phil Young (engl. & dt)

An open forum symposium on the Role of the Soul in Polarity Therapy with readings from Dr Stone's writings and group input.

*Phil is Co-Director of Masterworks International , a training consultancy for Polarity Therapy. He is author of **Polarity Therapy—where Energy meets Structure and Function.***

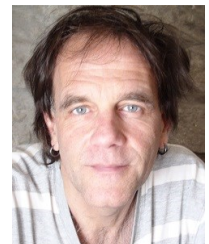


1pm **SNACK & BREAKOUT**

2:30pm **TUNING INTO THE QUINTESSENCE-** Daniel Kreier (engl.)

This workshop will shed some light on why musical notes, intervals and harmonics are so perfectly soothed, to allow humans to tune to there higher potential. Some theory will explain how the universal structure of sound relates to our human structure. Then we will use and practice with Biosonic tuning forks to help integrate the teachings.

*Daniel has had a lifelong interest in understanding the process of creation and the meeting of the scientific and spiritual. He has studied and teaches in the fields of science, music, yoga, sonic therapy, dance, and Polarity Therapy.*



4:30pm **AFTERNOON CAKE BREAK**

5pm **TIME FOR PRACTICE**

6:30pm **DINNER**

8pm **TUNING FORK CONCERT-** Daniel Kreier

## SUNDAY 10th September

7am **RISE and SHINE-** Intuitive Yoga- Peter Rhiem (DE)

8am **BREAKFAST**



9:30am **SACRED BALANCE:** Our place in nature - Eduardo Morales (engl.)

A 90 minutes experiential and theoretical workshop Polarity, Nature, the Elements and the Human Being. Earth: the body, Water: the blood, Fire: the spirit, Air: the breath, Ether: the essence

*Eduardo is a wise, experienced healer from Tepoztlán, Mexico. He has been teaching and practicing for the last 27 years in Canada and Mexico. He is the Founder and director of the Centro de Terapia de Polaridad in Mexico. He studied Polarity Therapy with Health Training Group in Montreal, Canada. He was trained as a Polarity Therapy instructor and studied Cranio-Sacral and Rebirthing Therapies.*



11:00am **TEA, COFFEE BREAK**

11:30am **FEMALE SPIRITUALITY IN THE POLARITY PROCESS** - Martina Nigg (dt)

In the Caduceus, the core of Dr. Stone's Energy Anatomy, the three Gunas, neutral essence, female principle and male principle, are represented in balance. This workshop consciously attends to the female principle. How far are we really aware of the female power? Europe and the West are dominated by almost 3000 years of patriarchal culture, religion and science. Matriarchy and the Mother Goddess are almost forgotten or exiled into the darkness. Even today, women and men are suffering from this imbalance, although often unconsciously. A new dimension opens, if we carefully integrate the female sexuality in energy work, both as healing power and as a door to spirituality. (german/english translation)

*Martina has her consulatory for polarity- and craniosacral therapy since 2000 in Bern and since 2015 also in Basel, Switzerland. She teaches polarity therapy and craniosacral therapy at the academy for holistic healing arts.*



1am **SNACK & BREAKOUT**

2:30am **DEALING WITH TRANSFORMATIONS-** Brigitta Raimann & Andreas Lederman (engl)

Turning points in life often mean chaos, confusion and imbalance. For us, as experienced therapists, these are welcome opportunities, to guide people out of their patterns. Mindfulness and the element ether is a steady companion in our doing and letting go. In the workshop beginnings and endings, birth and death will be important.

These aspects will be explored through Polarity Principals, Meditation, Mindfulness and Perception, process oriented Psychology, Art-Coaching, Biography-Work and Phytotherapy.

*Andreas is the director of studies at the School for Holistic Naturopathy S.H.N. in Zug since 1992. He is qualified in naturopathy, polarity therapy, craniosacral therapy and is a Certified SVEB trainer, author and lecturer. He has been practicing since 1983.*

*Brigitta is co-owner of the School for Holistic Naturopathy S.H.N. in Zug since 1992. She has SVEB federal certificate for training adults. She is qualified in naturopathy, polarity therapy, craniosacral therapy and social education. She has been practicing since 1985.*



4:30am **AFTERNOON CAKE BREAK**

5:00am **DEALING WITH TRANSFORMATIONS (2<sup>nd</sup> part)**

6:30pm **DINNER**

**MONDAY** 11th September

7am **RISE and SHINE- The Sound of India - Christine Elfi Uhlemann (DE)**

8am **BREAKFAST**

9:30am **2 P's: POLARITY and PESSO THERAPY:** the beauty of their connection- Oliver Bansmann (dt.)

Pesso Therapy (PBSP) is a body-oriented psychotherapy, which is about satisfying basic needs and creating new images of healing in our brain. Thus, the past can also be viewed in a new light and lead to healing. We also use the neutral pole in the form of testimony messages, and use microtracking to identify emotional states that are displayed in the body during the narrative. Especially through the Polarity work, new things can be anchored even better in the body and the new pictures come to life. (german/english translation)



11am **TEA & COFFEE BREAK**

11:30am **TIME FOR PRACTICE**

12:30am **DAY TRIP BERLIN**

Get to know Berlin from the water and experience its beauty from a different perspective. After that in groups we will explore some Berlin highlights. Cost €18

8:00pm **DINNER**

Open evening: treatment tables will be available for sessions and any other impromptu entertainment/ sharing is welcomed.

## TUESDAY 12th September

7am **RISE and SHINE—Chi Kung (Qi Gong) —Phil Young**

8am **BREAKFAST & CHECK OUT OF ROOMS**

9:30am **UNDERSTANDING THE POLARITY PRINCIPLE IN CIRCLES** (*A balancing vector for healthy energy flow in relationships and communities.* (theory and experiential) (engl) – Zorka Grigorov

Sitting in circles is a very ancient way for communities to come together.

In this workshop, we will explore how the polarity principle plays in the dynamic of a circle and how this understanding can support the larger space held for our relationships and our communities. After we lay down the principles, we will have the opportunity to put them into practice and experience how applying those principles to working with the circle promotes the mutual feeding and resourcing of each individual and the group as a whole.

*Zorka is a Polarity Therapist RPP and Polarity Certified Teacher RPE. She practices and teaches Polarity in Switzerland and abroad for the Swiss (French speaking) School of Polarity Therapy.*



11am **TEA & COFFEE BREAK**

11:15am **DR.STONE AND THE FREEMASON CONNECTION** – Heather Principe (engl)

We will explore Dr.Stone's teachings taken from Freemasonry and the Kabbalah and touch on some of the teachers of one of his precursors – Madame Blavatsky.

*Heather is founder of The Yoga and Polarity Center in New York. She runs retreats worldwide in all forms of Energetic Healing. She is a journeyman of the old ways teaching within the paradigm of the 4 directions and the 5 elements.*



12:15pm **SNACK & BREAKOUT**

12:45pm **ANY OTHER BUSINESS**

1:00pm **CLOSING CEREMONY-** Simone Oggier

2:00pm **DEPARTURE**

