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## **How Polarity Therapy practices and paradigm insights can enhance your professional practice in Ojai, CA – Wednesday-Sunday, March 31-April 4, 2010**

Polarity Therapy is at the core of everything Dr. Castellino does in his work with resolution of early, preverbal trauma with clients of all ages. Learning how he applies Polarity Therapy to his work will help you understand and replicate what he does with adults and children as well as with pregnant moms, during birth, and during the postpartum period. For practicing professionals, the work offers insights and practical approaches that can enhance your ability to support your clients.

This class is designed for practitioners who have a backgrounds in bodywork, somatic psychology, psychology, nursing, midwifery, nursing or and related fields. It also meets the prerequisite requirement for Ray's Foundation Training for a craniosacral introduction.

The Polarity Paradigm includes ways of assessing energy balance, flow and blockage, finding patterns in movement and disruption of energy flow, understanding connections between different parts of the body, knowing which modes of touch to use. The student will be introduced to the concepts of the 3 gunas, 5 elements, the oval field and other ways of understanding energy flow and how to facilitate it. This paradigm can be used in addition to any other paradigm you are using such as western medical, 5-element (acupuncture), etc.

Practical exercises with partners or in triads will provide experience with particular Polarity Therapy techniques to facilitate energy movement within and between clients. Techniques will be shared that help balance the autonomic nervous system, build the immune system and support health.

The skills Dr. Castellino will present are applicable for clients of any age from children to adults. Particular attention will be given to using Polarity Therapy in supporting pregnant women/ couples prenatally and through birth and the nursing dyad. Skills developed for this enhance your ability to work with any dyad such as couples and parent/ older child.

Dr. Castellino studied Polarity Therapy with Dr. Randolph Stone, it's founder and with others. He has integrated Polarity Therapy into his practice for the past 40 years. He was the founding Vice President and the 2nd President of the American Polarity Therapy Association (APTA). He has presented at numerous APTA conferences as well as at craniosacral therapy conferences and APPPAH conferences (Association for Pre and Perinatal Psychology and Health). In 1995, his paper, *The Polarity Therapy Paradigm Regarding Pre-Conception, Prenatal and Birth Imprinting*, was awarded the first annual Dr. Randolph Stone Prize for the best research paper on Polarity Therapy.

### **SCHEDULE & COMMITMENT:**

Each day begins at 8:45 AM. There will be a 1.5 hour lunch break each day. The first four days end at 5:30 PM and the last day ends one hour earlier at 4:30 PM.

It is important to arrive and be ready to start by the beginning time. and we ask that you commit to attending all 5 days. If you are flying in, please allow an extra two hours more than it would take to get from the airport to the site in case of delays.

### **PAYMENT:**

**The workshop costs \$680** (up to \$100 discount available – see below).

**\$50 discount** if payment is received by Feb 26 or postmarked by February 22.

Up to **\$35 additional discount** if payments by cash or check rather than credit card.

**Thus, if full payment by cash or check is received by Feb 28 (or postmarked by Feb 22), then the full price is \$595.**

### **PHONE**

**If you are delayed, call Ray's cell phone at 805-705-2135.**

### **OTHER REQUESTS**

Please do not use alcohol, recreational drugs, cigarettes or nicotine during the day before or during the workshop including during lunch & evening breaks. Smoking is not permitted at the seminar site or in the neighborhood.

Please do not use any perfume, aromatherpy oils or strongly scented shampoos or aftershave.

### **LOCATION & DIRECTIONS:**

**609 North Blanche Street, Ojai, CA**

#### **From US-101 Northbound (e.g. from Los Angeles) to Ojai:**

1. From US-101 in Ventura, take the CA-33 exit toward Ojai.  
This will be after the California Street exit.
2. CA-33 (North Ventura Ave) merges with CA-150 (Baldwin Road).  
Continue STRAIGHT on CA-33 / CA-150 / North Ventura Ave.  
See below for further directions.

#### **From US-101 Southbound (e.g. from Santa Barbara) to Ojai:**

1. From US-101 in Carpinteria, take the CA-150 exit toward Ojai / Casitas Pass.  
This will be after the Bailard Road exit.  
DO NOT take the Casitas Pass Road exit that is before Bailard Road.  
CA-150 is about 20 miles of winding country road that goes all the way to Ojai.
2. CA-150 (Baldwin Road) merges with CA-33 (North Ventura Ave).  
Turn LEFT onto CA-33 / CA-150 / North Ventura Ave.  
See below for further directions.

**From CA-150/CA-33 in Ojai to the site:**

1. North Ventura Ave branches into CA-33 (Maricopa Hwy) and CA-150 (Ojai Ave). Continue STRAIGHT on CA-150 / Ojai Ave.
2. Turn LEFT on North Blanche Road. Blanche is the street one block before the arches on the left side of Ojai Ave.
3. After five blocks, stop on the 600 block of Blanche St..

**Stop at 609 North Blanche Street.**

**ACCOMMODATIONS IN OJAI:**

**Martiza Luz Vega**

Rents space in a small house. The house has 2 bedrooms, each separated from the house and each other by a curtain. They share a bath. She lives in a cottage in the back and shares the bath but not at night. One bedroom has a king sized bed in it. The other has a twin plus a daybed and a trundle bed. She is a few blocks from Ray's house. It would be like sharing a room with visual privacy. She describes the house as cute and small; it is 617 square feet. You have access to the kitchen.

**Maritza Luz Vega, C.M.T., RCST®, P.P.I.**

306 W Oak Street

Ojai, CA 93023

Mobile: 805 646-1577

maritzaluzvega@gmail.com

**Susan Lange, O.M.D., L.Ac.**

2 Studio apartments within her large, organic, consciously appointed home with spacious lawn, patio, pool (in season).

Both have private entrance, one has double bed, can fit an extra twin, with kitchenette and shower in bath.

Other has master bath (separate tub and shower, 2 sinks), queen, hotplate, no kitchenette.

Both are \$100/night for up to 5 nights, 6<sup>th</sup> & 7<sup>th</sup> night free.

Near Foothill and Fairview, about 20-30 min walk from Ray's house, 5 min drive.

**Susan Lange, O.M.D., L.Ac.**

California

Mobile: 310 883-4496

susan@meridianholistic.com

**Lindley House in Ojai (not to be confused with the Lindley House in Carpinteria)**

This is a non-profit set up to provide inexpensive accommodations for those seeking inner growth. The house is vegetarian (no meat, fish, fowl). Eggs and dairy are fine. There is a kitchen, LR and 2 bedrooms: one bedroom is \$50 and suitable for one person with a twin; the other is larger, has 2 twin beds in it and is \$75 single and \$80 for 2 people sharing it. These bedrooms share a bath. This is next door to the Pepper Tree Retreat where our training will be held. It is not available during our first training module. It is available during the polarity workshop. This is 10-15 min drive from Ray's.

### **Pepper Tree Retreat in Ojai** (site of our training)

This has a variety of rooms available at a variety of prices. Vegetarian on site (no meat, fish, fowl), eggs and dairy are ok. Breakfast provided. 10-15 min drive to Ray's

#### **Pepper Tree Retreat**

1130 McAndrew Road

Ojai, CA 93023

Phone: 805 646-2726

Mobile: 805 798-1861 cell Elizabeth

retreat@kfa.org

www.peppertreeretreat.com (prices on web may go up by end of March)

**Best Western Casa Ojai Inn**– 15 min drive, use nontoxic cleaning products, salt water pool.

#### **Best Western Casa Ojai Inn**

1302 East Ojai Avenue

Ojai, CA 93023

Phone: 805 646-8175

www.ojaiinn.com

### **FOOD AND DRINK**

We supply both hot and cold water and tea bags. We suggest bringing your own water bottle. There is a refrigerator on site as well as a propane stove and microwave oven. We are **STRICT VEGETARIANS** so we ask that you bring onto our property **NO MEAT, FISH, EGGS, FOWL. Dairy is fine.** So if you go out to eat for non-vegetarian food, please don't bring leftovers back.

### **CONTACT HOURS FOR NURSES:**

Provider approved by the California Board of Registered Nursing, Provider Number 10577 for at least 34 contact hours for attending a 5-day seminar. The cost is \$25 above the cost of the workshop if you preorder, plus an additional \$2.50 if you order at the workshop and we must mail it to you. Number of hours will vary depending on the length of the workshop. Please let us know if you wish this certificate.

### **CERTIFICATE OF ATTENDANCE:**

We do not offer any official continuing education credits other than the contact hours for nurses. If you wish to have a certificate of attendance for use with another professional organization it is available by request for \$15 if you preorder, plus an additional \$2.50 if you order at the workshop and we must mail it to you. Please specify what information you need on the certificate.

### **CANCELLATION POLICY**

**If you cancel**, the cost to you will be \$300 if you paid by cash or check, \$335 otherwise. If you have paid more, at your request it will be refunded within 2 weeks of the first day of the workshop, OR you can apply your refund to a future Process Workshop, OR contribute it to BEBA. If you have not paid what is due, it will be due within 2 weeks of the beginning of the workshop.

**If you have a refund due**, let us know whether you'd like it mailed to you, credited to a future workshop, or donated to BEBA, the non-profit clinic for working with babies, children and their parents that Ray founded and directs.