



photos: Emmy Scharlatt

Hello Friends, Clients & Colleagues,

Thank you for your sharing your enthusiasm about the story I shared from my last newsletter. This month, I have another story about a client with whom I integrate polarity together with massage.

Whether we've worked together in the past or not, I invite to join me for some inner 'spring cleaning' through a session or two at one of my offices! Also, if you refer a new client I will offer a \$15 discount off your next session.

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NICOLA'S STORY

I met Nicola at a woman's networking event a few years ago. Although Nicola and I have a number of differences (she's a younger married woman with 3 young kids), we connected very easily. Through my work with her I have found her to be confident, mature and willing to work on whatever challenges come up. Nicola is very busy and deals with the stress and various challenges that come from running her own coaching business for executive moms and motherhood (among many other things). Based on her needs and desires, I work with Nicola primarily in the context of massage, although I always integrate Polarity Therapy in our sessions. This allows me to be present with her needs, such as holding a point in her body to help her unwind and to provide longer lasting results in the areas of relaxation, stress management and physical pain ailments that she may be dealing with at the time.

We check in before each session with a short conversation about what is happening in her life and how she is feeling that day. We also set a goal; either a verbal or non verbal intention for what needs to change physically or emotionally.

I've witnessed and held the space for Nicola to work through the emotional and physical changes around the decision and planning of having her 3rd child, including going off birth control, getting pregnant and then having the baby. I now get to help Nicola shift back into her old body after having the baby. What an honor!

WHAT NICOLA HAS TO SAY

"I have worked with Miriam for a few years now and my sessions with her are easily one of the best parts of my week. Her style provides me with the perfect place to focus on just me, on what my body is telling me and to process both physical and emotional issues that are impacting my life. She has helped me with the various transitions from getting pregnant to having the baby, to even now as I sort out the chaos of life as busy business owner, wife, and mother of three young children. I always leave my sessions with Miriam feeling better-physically, emotionally, mentally and spiritually."

UPCOMING CLASS



Empowering Women's Intuition thru the Tarot *A Sunday Afternoon Salon*

Date: Sunday, April 25th
Times: 1-5 pm

Cost: \$35

Location: 1125 Colusa Ave, Berkeley, CA
Facilitator: Miriam Jacobs RPE, CMT, BFA
Host: Natalie Word
To register: Miriam 510- 517-5649 mimi@polaritywellness.com
or Natalie 415-320-1008 natalieword@gmail.com

An afternoon to demystify the tarot and introduce you to systematized approach to support or change your choices.

TAROT is an ancient system of divination using a set of 78 cards. Although, many view the Tarot just for fortune telling, it's rich archetype images serve as a symbolic map of consciousness, and a tool for inner guidance and growth. Understanding the elements, found in Polarity Therapy, that also underlie the Tarot, can turn the cards into a powerful tool for healing and clarity.

About Miriam



Miriam Jacobs, RPE, CMT, helps people change with an energy medicine process called Polarity Therapy. This therapy brings about a profoundly deep healing - both physical and even emotional - that gets to the root of the pain for longer lasting results.

Polarity consists of:

4 COMPONENTS

Bodywork - brings awareness, evaluates, releases stress/tension and aligns the body with spirit

Nutrition - energetic health building diets and cleansings

Exercise - stretches to continue the work, including yoga

Verbal communication - understanding the source of tension and fosters "right thinking".

Polarity Therapy is a body of knowledge that teaches how to find a life style that is right for us. It is a wonderful foundation for almost anything!

Serving two locations
in the East Bay:

4289 Piedmont Ave
Suite 201
Oakland, CA

1110 Stannage Ave
Albany, CA -home office

To schedule a session:
Call: **510-517-5649**
or email: