

# Polarity Training UK

UK Polarity Pathway Document & UK Training Programme



<b>Polarity Presentation</b>		1	
<b>Talk and Tasters</b>		1	
<b>Polarity Introduction</b>		1	1
<b>Polarity Relaxation (Student of Polarity)</b>		1 2 3 4	4
<b>(Including Intro)</b>	Student Practice Days	1 2 3 4	Case Studies and mentoring
			4
		<b>Training Hours Approx</b>	<b>60</b>
			8
<b>P H P Course</b>	<b>Equivalent to EPP</b>		
	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
	A & P to be achieved prior to completion of course		8
		<b>Training Hours</b>	<b>200 equiv</b>
			20
<b>Polarity RPP Course</b>	<b>Equivalent to PTP</b>		
	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	
		<b>RPP Polarity Course</b>	<b>475 Hours</b>
			62
			<b>Days</b>

## 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](http://www.ukpta.org.uk)