

About Us



Nancy Goss
MA, RPP, RCSt®

“Life is energy and energy is movement” said Dr. Randolph stone, the founder of Polarity Therapy. Thus, for the past twelve years, I see my mission as helping people restore healthy, unified integrated movement into their lives. Through Dr. Stone's teaching I have learned that “Energy is the real substance behind form” and therefore, have chosen to work directly with the energy fields as the most effective way of restoring the free flow of energy and movement—physically, mentally, emotionally and spiritually.

Finding this path, however, came unexpectedly. Notwithstanding my lifelong interest in the magical, mystical and intuitive side of life, I come from an extended family of doctors and nurses. I never expected to end up in the field of Holistic Healing, especially not a modality that involved biodynamic and energy healing principles. In fact, I was expecting to spend my life in academia. I completed a Master’s Degree and pursued PhD studies in Linguistics and then spent time working in the corporate world.

As many know, crises tend to change our life paths and the devolution of my marriage into divorce caused physical and mental ailments that could not be alleviated with traditional forms of medicine. Only at the urgings of a colleague did I go to an open house that introduced me to holistic approaches to health and body-mind balance. It changed my life. A search for more meaningful work and this personal trauma, really opened me up to a career change. I found the joy in helping other people navigate their own journey through pain into the healthy, alive feeling of body-mind balance. Four years after my divorce I completed my first practitioner training in Polarity Therapy and opened shop in 1999.

My education includes various trainings in Polarity Therapy, Craniosacral Therapy, and Energetic listening skills. Within this field, I also found that teaching was especially satisfying in conjunction with therapy. I enjoy it whether it is one-on-one in private sessions or teaching classes; I have taught classes for more than 15 years in 4 countries (Sri Lanka, China, South Korea and the United States), at universities, churches, support groups, conferences and in my own office. Among the topics I have taught are Linguistics, English as a Second Language, Belly Dancing, Polarity Therapy, Reflexology, Chakra Balancing and Meditation. I am currently developing a Polarity Therapy Training Program to teach people how to become Polarity Practitioners.

My nature is to live life intensely and joyfully, so I fill my life with things that I love and want to learn. Each of us has a spark of the divine within us giving us life. I honor that divine nature of each person with Love, Integrity, Compassion and Respect while each person learns to express that nature to its fullest degree in their own way and their own time. Healing with subtle energies is my way, what is yours?