



FERTILITY MASSAGE TRAINING.



Fertility Massage Training Course Prospectus

Presented by Clare Blake N.D - Founder







FERTILITY MASSAGE TRAINING.

Course Overview

4 Day Practitioner Course

Offering a 4 day Practical, Theory & Spiritual course for practitioners wishing to specialise in Reproductive Health & Fertility.



Course Overview

This practical hands-on course will teach you how to safely perform the womb, digestive & sacral massage on yourself and your clients. It is important that practitioners choosing to offer Fertility Massage gain a good understanding of the fertility process, common conditions presented by clients and knowledge to help clients whilst remaining within the scope of their professional training.

Fertility Massage is an incredibly powerful and emotionally releasing therapy and should come from the practitioners womb and heart; therefore, the course commences with a womb blessing and meditation to help practitioners cleanse and connect to their own wombs.

If you have an interest in Women's Health, then this course is for you. With a strong focus on the physical and energetic approach to the womb, this therapy is suitable for women of all reproductive stages, regardless of whether they are trying to conceive.

This is a training course like no other. Clare's passion for her work and the womb is so incredibly infectious. Seeing a fairly diverse group of women become so inspired and moved by the energy, depth and power of the fertility massage, and how Clare presents it, was a joy to be part of...

Leora, London 2014





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Course Content

- ❖ **History** & effects of fertility massage
- ❖ **Client Care**
 - Advising clients on what to expect during & after a treatment.
 - After-care advice including Yoni Steams
- ❖ **Consultation & Case Taking**
 - For personal records and as part of the undergoing research on Fertility Massage.
- ❖ **Practical Modules**
 - Receive & demonstrate the fertility massage movements
 - Understand their physiological and psychological effects.
 - Evaluate and review the massage treatment/programme
- ❖ **Theory Modules (Downloads and Powerpoint Handouts)**
 - **Anatomy & Physiology** - Participants will be provided with a course manual prior to attending the course. The A & P section is a recap of the information covered in the manual.
 - This topic provides participants with a good understanding of the placement of abdominal organs & the changes of the womb during the menstrual cycle and impact on health.
 - **Fertility Theory** - Understanding theory that is relevant to Infertility/Fertility to give participants a better understanding to enable them to help their clients, and also know when they need to refer clients on and only work within the realm of their qualifications.
 - **Fertility Pathologies** - This topic covers common fertility pathologies to provide participants with an understanding of conditions clients may present with and how Fertility Massage may assist their clients.
 - **ART & Fertility Massage** - An overview of the different Assisted Reproductive Techniques (ART) and how Fertility Massage can be used alongside ART.
 - **Menstrual Cycles** - Understanding the role of the hormones and mucus during the menstrual cycle will help participants to guide and empower clients.
- ❖ **Meditation** - Starting the course with a meditation helps to bring participants in to the correct space to enable them to connect to their bodies, in particular their womb. This particular style of massage requires therapists to be working energetically and start by understanding the healing process & connection within their own womb.





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Learning Outcomes

Upon completion of the 4 day course, each participant will know or be able to:

- ❖ Explain and demonstrate the fertility massage movements and their physiological and psychological effects
- ❖ Demonstrate the massage to the reproductive organs to aid circulation and improve ligament restrictions
- ❖ Demonstrate the massage to the digestive organs to aid circulation, enhance peristaltic action and improve elimination
- ❖ How to powerfully integrate deep tissue, visceral and acupressure techniques to facilitate successful and productive bodywork and aid emotional release
- ❖ Demonstrate the massage to the sacrum and coccyx to aid circulation, improving nerve flow and release tension
- ❖ Demonstrate traditional Rebozo techniques to relax, support and release tension
- ❖ Identify the placement of the structures to be worked over and explain their function, particularly their role in fertility.
- ❖ Understand and explain the importance of referral procedures and working within scope of practice
- ❖ Evaluate and review the massage treatment/programme
- ❖ Understand and define the menstrual cycle, it's hormones and pathologies and fertility issues.
- ❖ Define the difference types of cervical mucus and how this will help clients to understand their menstrual cycle
- ❖ Describe the different methods of Artificial Reproductive Technology (ART), their different protocols and how to implement the massage safely alongside these.
- ❖ Define the macro nutrients and explain their role in preparation for fertility
- ❖ Describe the role that a healthy lifestyle has on preparation for fertility and how to implement with clients whilst remaining within scope of practice, or referring on to other practitioners.

*Please note that this therapy is to aid fertility.
There are no guarantees that clients will fall
pregnant after receiving this massage.*





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Course Outline

Module 1

Womb Blessing & Meditation
Basic Anatomy & Physiology
Womb Massage Demonstration
Womb Massage Practical



Module 2

Abdominal & Womb Massage Demonstration
Abdominal & Womb Massage Practical
Self Help Discussion & Self Help Practical
Guided Visualisation & Creative Womb Expression

Module 3

Sacral Massage Demonstration
Sacral Massage Practical
Menstrual Seasons (*Energetic approach to menstruation*)
Rebozo

This course was so much more than learning the physical, practical and spiritual techniques to aid and treat fertility and digestive conditions. It was a sacred space where each member healed, grew and evolved through their own journey and will continue to do so for some time!

Fidelma, Belfast 2014

Module 4

Theory Q&A
Complete Fertility Massage Practical - Assessment
Closing Ceremony

****Theory is covered as distance learning, using downloads and handouts to accompany them. There will be allocated time to discuss theory after participants have viewed them****





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Assessment

You can attend the course either for your interest or if you wish to receive Fertility Massage Therapy Certification, you will need to fulfill the following requirements:

Practical Examination

The practical exam is held on the final day. I do not expect you to “know” the massage, however, it is an opportunity to demonstrate your movement, energy and skills in a relaxed environment.

Theory Examination

The theory exam is an open-book exam, made up of multiple choice or short answer which you complete at home.

Home Study

Case Studies

You will be required to complete between **12 - 18 case studies**. These can comprise of a minimum of 1 client seen 4 times. The rest can be made up of individual sessions or regularly visiting clients. Ideally, you would like at least 1 fertility client that you see more than once.

Creative Project

Fertility Massage is so much more than just a physical approach to massage. As therapists, helping other women to connect to their wombs and heal themselves, it is important the we too are connected to our wombs.

This project is a creative expression of your womb.





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Certification

Upon the 4 assessments being fulfilled, you will be issued with a **Fertility Massage Certificate** which is accredited by FHT.



ACCREDITED SHORT COURSE

General Information

- ❖ All courses, except for those held in London, are held as a 4 day Intensive.
- ❖ Course times are 10am to 5pm.
- ❖ A comprehensive course manual will be provided prior to the commencement of the course
- ❖ Theory is covered by downloads, including comprehensive handouts
- ❖ Refreshments will be provided (except for lunch)

Participant Requirements

To participate on this course you will need to fulfil the following requirements:

- ❖ Hold a recognised qualification in Anatomy & Physiology

This course is suitable for Naturopaths, Nutritionists, Acupuncturists, Massage Therapists, Bodyworkers, Doula's or anyone who as a desire to heal the womb.

Participants from other countries, please confirm with your insurance company and professional membership body or email Clare.





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Course Venue & Dates 2015

Venue	Date	Course Fee
England (London)	7th, 8th, 28th February & 1st March	£600
England (Bristol)	14th - 17th February 2015	£600
Ireland (Portlaoise)	13th - 16th March	760euro
Scotland (Edinburgh)	12th - 15th June	£600
Australia (Melbourne)	11th - 14th July 2015	\$1,500 Early Bird \$1,350
Australia (Sydney)	28th - 31st July 2015	\$1,500 Early Bird \$1,350
Australia (Brisbane)	11 - 14th August 2015	\$1,500 Early Bird \$1,350
England (London)	19th & 20th September, 17th & 18th October	£600
Ireland (Portlaoise)	20th - 23rd November 2015	760euro

Course Size

There is a maximum of 16 participants per course. London courses will run with a minimum of 6 participants. The minimum number for International courses will vary.

To Enrol:

To enrol and reserve your place on one of the courses, please email info@fertilitymassage.co.uk for an application form.

Reservation is secured with a non-refundable deposit of £100 (UK courses) via online banking.

Full payment is required 8 weeks prior to the commencement of the course.





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Gallery & Testimonials

I have been blessed to have met Clare and been her student. She's such a warm and passionate soul with an infectious love for the womb.

Through her teaching I have not only learnt new skills to add to my repertoire but I have also come out of it feeling myself again and 'more woman'

Betty, Brighton 2014



Rebozo Techniques



Closing The Bones





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Womb Altar



This course is not just another “post graduate massage course” it will bring you very deeply into the spiritual and emotional aspects of working with both fertility clients and those with digestive ailments.

Clare encourages her “wombies” to develop their own style of working with the techniques she teaches which is a breath of fresh air! She is so passionate about her work and this shines through her teaching.

I would highly recommend this course to any therapist working not only with fertility clients, but all clients. This course is so much more than a fertility massage course.

Catriona, Portlaoise, Ireland 2014





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The womb blessing and visualisation underlines the power and spirituality of this work. Thank you for the kindness and nurturing of both yourself and group.

The practical parts are more than I ever imagined, lovely to give and receive and well guided in such a fun, peaceful and informative way.

Lindsey, Ireland 2014

I have done a lot of courses over the last 10 years and this I found to be one of the best! Clare was so nice and kind to every person at the course, she was very understanding of where we were all coming from.

I have never seen such emotion at a course and that can only be a good thing because it proves how powerful this work is. This work is only for therapists that can do justice to Clare's work – I hope that I can be as good as Clare!!

Marian, Ireland 2014





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Contact Us



If you have any questions, please feel free to contact

Clare Blake by email or phone.

e: info@fertilitymassage.co.uk

m: 07713 477511

I hope to meet you soon, to share my passion and knowledge with you and welcome you to this unique and divine therapy!

Warmest womb blessings

Clare Blake

**"To Heal the Womb is to
Heal the Woman"**

