



FERTILITY MASSAGE TRAINING.

Fertility Massage Training

Offering a 4 or 6 day Practical & Theory course for practitioners wishing to specialise in Reproductive & Digestive Health to enhance Fertility.

Course Overview

This practical hands-on course will teach you how to safely perform the womb, colon & 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. There is quite an emphasis through the course on energetic work.

On completion of the practical modules you will:

- have a better understanding of where the reproductive & digestive organs are
- how to massage the womb to aid circulation and improve ligament restrictions
- *how to massage the colon to aid circulation, increase elimination and break down hardened faeces.(only on 6 day course)*
- how to powerfully integrate deep tissue, visceral and acupressure techniques to facilitate successful and productive bodywork and aid emotional release for both men and women
- how to massage the sacrum and coccyx to aid circulation, improving nerve flow and releasing tension
- learn the importance of the nerves which feed the pelvis and how to massage the sacrum releasing tension to the pudendal nerve
- learn traditional Rebozo techniques

On completion of the theory modules you will:

- gain an understanding of the menstrual cycle, it's hormones and pathologies and fertility issues.
- discover the difference types of Cervical mucus and how this will help you to understand your menstrual cycle
- understand the different methods of Artificial Reproductive Technology (ART) and how to implement the massage safely alongside these.
- discuss common fertility pathologies to provide practitioners with an understanding of conditions clients may present with.
- brief overview of nutrition for fertility.



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4 Day Course Outline

Day 1

Womb Blessing & Meditation

Basic A&P of Reproductive Organs

Womb Massage Demonstration

Womb Massage Practical

Day 2

Womb Massage Practical

Emotional Armouring Demonstration

Emotional Armouring Practical

Understanding Menstruation & Charting

Fertility Nutrition

Day 3

Sacral Massage Demonstration

Sacral Massage Practical

Understanding Infertility pathologies

Rebozo

Day 4

Complete Fertility Massage Practical

How to use Fertility Massage with ART

Q&A's



FERTILITY MASSAGE TRAINING.

6 Day Course Outline

Day 1

Womb Blessing & Meditation

Basic A&P of Reproductive Organs

Womb Massage Demonstration

Womb Massage Practical

Day 2

Womb Massage Practical

Emotional Armouring Demonstration

Emotional Armouring Practical

Understanding Menstruation & Charting

Fertility Nutrition

Day 3

Sacral Massage Demonstration

Sacral Massage Practical

Understanding Infertility pathologies

Rebozo

Day 4

Wet Colon Massage Demonstration

Wet Colon Massage Practical

Coccyx Release Demonstration

Coccyx Release Practical

Day 5

Dry Colon Massage Demonstration

Dry Colon Massage Practical

Self Help Massage

Day 6

Complete Fertility Massage Practical

How to use Fertility Massage with ART

Q&A's



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Course Location

This course is being held in Portlaoise, Ireland (nr Dublin)

2014 Course Dates

October 17th - 19th and November 21st - 23rd 2014

Course Fees

2014

£500 (600 euro) for 4 day course and £700 (838 euro) for 6 day course

Early bird Offer: £400 (480euro) or £600 (720 euro) if booked by 30th June 2014

Bookings

To secure your place on the 6 day course, please [email](#) me or Catriona Plunkett
info@goldeneggholistic.com

Securing your place on the course

- Complete the booking form
- Email booking form to me at info@fertilitymassage.co.uk
- Pay £100 (150 euro) deposit by paypal.



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FAQ's

Who can take this course?

Practitioners of complementary therapies who hold a recognised qualification in anatomy & physiology and are insured to touch the whole body.

What can I do if I am not a bodywork practitioner?

Unfortunately, anyone who does not hold a minimum level 3 massage qualification or Anatomy & Physiology is unable to gain certification for this course. You are welcome to join the course, but until the qualifications mentioned are gained, you will not be certified to practice Fertility Massage.

What is the difference between the 4 & 6 day course

The main difference is that the 4 day does not include any digestive massage; which when used in conjunction with the rest of the massage is a whole and wonderful treatment.

The 4 day course is offered in the UK because students go on to continue their additional digestive studies with my colleague.

4 Day certificate is "Fertility Massage Therapy"

6 Day certificate is "Advanced Fertility Massage Therapy"

What qualification will you gain?

On successful completion of the case studies and creative womb project a Fertility Massage Practitioner's Certificate will be issued.

Who is the course approved or recognised by?

Fertility Massage has approval for CPD with FHT (Federation of Holistic Therapies).