



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 unique Practical, Theory & Spiritual course for practitioners wishing to specialise in Women's Health & Fertility.

This practical hands-on course will teach you how to safely perform the womb, digestive and sacral massage on yourself and your clients.

It is important that practitioners choosing to work with fertility clients gain a good understanding of the fertility process, common conditions presented by clients and knowledge to help clients whilst remaining within their scope of professional practice.

This therapy is an incredibly powerful and emotionally releasing therapy and should come from the practitioners womb and heart; the course includes a womb blessing, meditations and an insight into the energetic approach to menstruation, allowing therapists to cleanse, heal 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 spiritual approach to the womb, this therapy is suitable for women of all reproductive stages, regardless of whether they are trying to conceive.



CThA

Complementary Therapists Association



FHT
Federation
of Holistic
Therapists

ACCREDITED SHORT COURSE



FERTILITY MASSAGE TRAINING.

Course Content

History and effects of Fertility Massage

Self Care and After Care Advice

Consultation and Case Taking

Practical Modules

Receive & demonstrate Fertility Massage Therapy

Understand the physiological & psychological effects

Evaluate & review the massage treatment

Theory Modules

Distant Learning through comprehensive course manual, power-points and downloads, covering:

Anatomy & Physiology, Menstrual Cycle, Nutrition, Reproductive Disorders, Fertility, Assisted Fertility, Digestion and Self Help Treatments.

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 fertility massage, and how Clare presents it, was a joy to be a part of...Leora, London 2014





FERTILITY MASSAGE TRAINING.



Spiritual Approach

Starting the course with a womb meditation and blessing helps bring participants in to the "circle of women", enabling them to connect to their bodies, in particular their womb.

Throughout the 4 days, participants are guided through meditations, bringing them into creative sessions to express their experiences. The energetic approach to menstruation shares the wisdom that our cycles hold for us, allowing us to live a more cycle centred and creative life, often bringing many "ah-hah" moments.

This particular style of massage requires therapists to be working energetically, starting by understanding the healing process & connection within their own womb.



Heal the Womb, Heal the Woman

FERTILITY MASSAGE TRAINING.

Course Outline

Module 1

Womb blessing & Meditation

Womb Massage Demonstration & Practical

Module 2

Abdominal & Womb Massage Demonstration & Practical

Menstrual Seasons

Module 3

Sacral Massage Demonstration & Practical

Rebozo Massage Practical

Healing the Mother Line

Module 4

Full Massage Demonstration
& Practical

Self Help Massage

Q&A





FERTILITY MASSAGE TRAINING.

Course Assessment

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

Practical Examination

The practical is held on the final day of the course. You are not expected to "know" the whole massage, 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 answers which you complete online at your leisure.

Case Studies

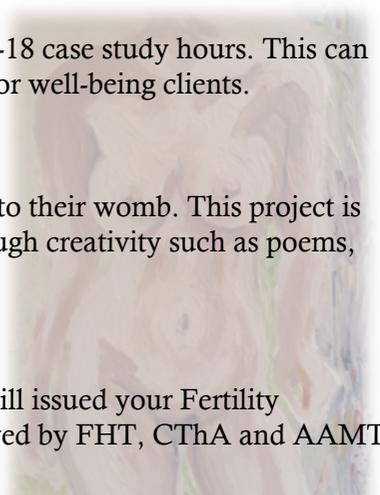
You will be required to complete between 12-18 case study hours. This can comprise of fertility, reproductive, digestive or well-being clients.

Creative Project

After the course, women feel a reconnection to their womb. This project is for participants to express their "womb" through creativity such as poems, paintings, clay work, sewing...

Certification

Upon completion of the 4 assessments you will issued your Fertility Massage Therapy Certificate which is approved by FHT, CThA and AAMT



artwork by Launa Blackham, 2014

The logo features a stylized plant with five vertical leaves at the top, a decorative flourish below it, and the text 'FERTILITY MASSAGE TRAINING.' in a serif font.

FERTILITY MASSAGE TRAINING.

Course FAQ's

Why is the course held as a 4 day intensive?

All courses are held as 4 day intensive trainings, to allow continuum of healing, connection and depth. A "sisterhood" is created within each course, creating a safe space for therapists to learn, evolve and heal.

What are the course times?

Course Times are from 10am to 5pm each day

Where are courses held?

Fertility Massage has been taught in London, Ireland, Scotland, Birmingham, Bristol, and Australia. Future plans include Bali, Brighton and wherever else there is a demand!

Why is the theory covered as distance learning?

Theory is easily self taught, with a very comprehensive manual, power-points and online videos. Experience taught me that when you are receiving such powerful therapy and then trying to bring theory into the day, participants were too exhausted to retain information. This way, you can re-read and re-watch the information until your heart's content!

Is there support afterwards?

Yes, there is a beautiful, nurturing and supportive Facebook group which all "womb therapists" are invited to join and participate

The logo features a stylized plant with five vertical leaves at the top, followed by the text 'FERTILITY MASSAGE TRAINING.' in a serif font, and a decorative flourish at the bottom.

FERTILITY MASSAGE TRAINING.

Course FAQ's

What are the pre-requisites?

You are required to hold a recognised qualification in Anatomy & Physiology and ideally a bodywork qualification. This is an insurance requirement for both FHT and CThA.

Who is this course for?

Due to new CNHC Special Licensing regulations, all therapists will need to hold a Massage Qualification to be able to practice. This course is ideal for Massage Therapists and other bodyworkers.

What are the course sizes?

The maximum number of students is 16. Depending on location, courses will run with a minimum of 6 participants.

How do I enrol?

To enrol and reserve your place on one of the courses, visit **www.FertilityMassage.co.uk** to download the booking form. Alternatively, email **info@fertilitymassage.co.uk**

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

Fees vary depending on location.

When are the upcoming course dates?

Please check **www.FertilityMassage.co.uk** for the course schedule



FERTILITY MASSAGE TRAINING.

Testimonials



I found Clare through my extensive research on Fertility Massage. I decided to take a leap of faith and travel from Canada to Ireland, and it paid off, big time! This was definitely the best course I have ever taken. The quality of the content was amazing and inspiring, and the way in which Clare organised and presented the course was excellent.

Dawn, 2015

Thank you for a life changing course and creating an encouraging environment to learn from you and the other students. Your enthusiasm and passion about this subject is contagious. You managed to keep the course professional and personal at the same time. The course exceeded all expectations.

Arty, 2015



FERTILITY MASSAGE TRAINING.

I truly loved this course! Clare is warm, approachable, extremely knowledgeable and has a wealth of experience which she freely shares to help enhance your experience of training and your own healing. The spiritual aspect of this course is what is missing from so many other courses and elevates this training above pretty much most other courses.

Tarryn, 2015





FERTILITY MASSAGE TRAINING.

The womb blessing and visualisations underlines the power and spirituality of this work. Thank you for the kindness and nurturing of both yourself and the 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, 2014

This is the most amazing course I have ever been on, life changing! This is the start of a new journey in my life to heal myself and hopefully help others to heal. Clare, thank you so much, you are amazing and I am so thankful for meeting you.

Angela, 2014



FERTILITY MASSAGE TRAINING.

Contact Clare



If you have any questions,
please feel free to contact

Clare Blake by email or phone:

e: info@fertilitymassage.co.uk

w: 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 divinely feminine
therapy!

Warmest womb blessings

Clare Blake