

A photograph of a woman with blonde hair tied back, wearing a dark blue top, performing a massage on a person lying on a table. The person being massaged is covered with a white sheet that has a colorful polka-dot pattern. The woman is leaning over the person, using her hands to massage their back. The background is softly blurred, showing what appears to be a window with light coming through.

Womb & Fertility Massage Training Course Prospectus

Presented by Clare Spink N.D - Founder

Course Overview

Four Day Practitioner Course

Offering a Spiritual, Practical & Theory course for any woman who hears the call to offer women's womb massage to women through all stages of their life, including Menarche, Menstruation, Fertility and Menopause.

*A Fertile Womb is a Creative Womb –
one that creates life, visions, abundance and fulfilment*

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 Womb & 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.

Womb & Fertility Massage is an incredibly powerful and emotionally releasing therapy and should come from the practitioner's 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.

Sisterhoods are Created

FROM MY HEART.... TO YOUR HEART.... WELCOME SISTER

Course Content

History & effects of Womb & Fertility Massage

Client Care

Advising clients on what to expect during and after treatment
Aftercare advice including Yoni Steams and Castor Oil Packs

Consultation & Case Taking

For personal records and ongoing research on Womb & Fertility Massage

Practical Modules

Receive and demonstrate Womb & Fertility Massage movements
Understand their physiological and psychological effects
Evaluate and review the Massage treatment/program

Theory Modules: Videos, PowerPoints & Handouts for Home Study

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, providing participants with a good understanding of the placement of abdominal organs and changes in the womb during the menstrual cycle, and the impact on health

Fertility Theory - Understanding relevant Infertility/Fertility theory, enabling participants to help their clients, and to know when to refer clients on and only work within the realm of their qualifications

Fertility Pathologies - Provides an understanding of conditions clients may present with and how Womb & Fertility Massage may assist them

ART & Fertility Massage - An overview of the different Assisted Reproductive Techniques (ART) and how Womb & Fertility Massage can be used alongside ART

Menstrual Cycles - Understanding the role of the hormones and mucus during the menstrual cycle will help participants 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, which starts by understanding the healing process and connection within their own womb

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

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/program

Understand and define the menstrual cycle, it's hormones and pathologies and fertility issues

Define the different 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

Course Outline

Module 1

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

Module 2

Sharing the energetic aspects to the Abdominal Massage
Abdominal & Womb Massage Demonstration
Abdominal & Womb Massage Practical
Rebozo
Restoring the Soul Ceremony

Module 3

Sacral Massage Demonstration
Sacral Massage Practical
Menstrual Seasons & Archetypes Discussion
Womb Medicine - explore the four archetypes with an embodied experience

Module 4

Self-Care Discussion and Q&A
Complete Fertility Massage Practical
Practical Assessment
Reclaiming Spiral Ceremony
Close

Theory is covered as distance learning, using downloads, videos and PowerPoints. PLEASE READ THE MANUAL BEFORE THE COURSE.

Course Experience

Empowering Women through a journey of Self-Discovery,
Self-Healing & Reclaiming Wisdom.

Day One - Nymph

As you enter into the space, you feel a buzzing of excitement as you step forwards onto a new path, tinged with a little ungrounded, nervousness as to what is to come. The day starts with a sharing circle and meditation, with a Mind, Heart & Womb Blessing – an initiation as you cross the first threshold, being welcomed into the sisterhood. Followed by a practical session of the womb massage, igniting exploration within.

Day Two - Creatrix

With a more centred and grounded inner feeling, we start the day exploring the emotional and spiritual aspects of all that is held within our abdomens; all that may be blocking our creative flow. Nurturing each other with the whole abdominal massage we come to close the day with experiencing the Rebozo bodywork, complete with the Restoring the Soul ceremonial wrap. Holding our energy in a safe and connected space as we prepare to enter the next phase.

Day Three – Warrior

The day begins with an exploration of how we can enhance our sexual energy, tapping into an open and honest conversation between sister's. Delving into the four archetypes of the menstrual cycle followed by an embodied journey through each life phase, menstrual phase and moon phase, we invite raw truths to surface in a safe and held space.

Day Four – Wisdom Keeper

Entering into this day; witnessing the full treatment being gifted as a ceremonial dance, you are then invited to go within and nurture your sister's through touch, wisdom and love. As you slowly come out of this energy, we connect into the wisdom of our ancestors during a Reclaiming Spiral Ceremony, ready to emerge back into the Nymph phase, having spiralled through a layer with a raised awareness and enhanced consciousness.

Assessment

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

Practical Examination

The practical exam is held on the final day. You are not expected to know the massage; however, it is an opportunity to demonstrate your movement, energy and skills in a relaxed environment. If we feel that you need more support to feel confident in the treatment, we will discuss with you privately.

Theory Examination

The theory exam is open-book, made up of multiple choice or short answer which you complete at home with the aid of the video downloads and accompanying handouts.

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.

Creative Project

Womb & 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 that we too are connected to our womb energy. This project is a creative expression of your wombspace.

Certification

Upon the 4 assessments being fulfilled, you will be issued with a **Womb & Fertility Massage Certificate** which is accredited by FHT, CThA, Think Tree in the UK and MMA in Australia.

This certificate is valid for 3 years from your course date. You will be required to attend a Refresher and Reassessment within 3 years to stay qualified and remain on the website listing and Facebook Members group.



Participant Requirements

Any woman who hears the call to work with women, their wombs and their empowerment!

You do not need to have any prior qualifications as Womb & Fertility Massage is now a fully accredited short course, comprising of Anatomy & Physiology, Health & Safety, Professional Conduct and the Massage techniques needed to fully perform Fertility Massage.

Womb & Fertility Massage Therapy is now accredited by Think Tree Professional Body, with full insurance and membership available.

Australia, Netherlands, and some of other countries have their own guidelines, please do contact us beforehand to clarify your own specific requirements.

For Practitioners of complementary therapies who hold a recognised qualification in anatomy & physiology and are insured to touch the whole body, you will gain your certificate once all case studies/theory exam are completed as this course continues to be a CPD/CPE approved course with CTHA, FHT, IICT and MMA.

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.

Course Fee Inclusions

- 4 Day Intensive Course
- Practitioner DVD
- Practitioner Listing on website
- Access to Private Facebook Members Forum for invaluable ongoing support
- Certification & Exam Process
- Comprehensive Course E-Book, Theory Handouts and Videos
- Free Resources Page with visualisations, self-help programme, e-books and more
- Email/phone contact with your Tutor

There are no membership fees

To Enrol

To register 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 £350 in the UK and \$300 in Australia via online banking. Full payment is required 6 weeks prior to the start of the course. Payment Plans are available on request.

Associate Instructors

Courses will be hosted by myself and seven Associate Instructors who have all worked alongside me over the years and can offer the training with love and passion. The website will clearly show which tutor is running which course.



Clare Spink - UK & Europe



Leora Leboff - UK



Andrea Clarke – UK



Janine de Wolf – Europe



Bronwyn Lewis - South Africa



Edwina Taylor - Australia



Carol Jones – Australia



Jacqui Ward – Australia

“

“FERTILITY MASSAGE IS SIMPLY THE MOST AMAZING TREATMENT TO GIVE AND RECEIVE, IT'S HEALING, NOURISHING AND LIFE CHANGING. THE POWER IT GIVES TO WOMEN TO HELP THEM BELIEVE IN THEMSELVES AND THEIR BODIES AGAIN IS SO WONDERFUL TO WATCH, AND IT REALLY WORKS, JUST AFTER ONE SESSION MOST WOMEN SEE OR FEEL A DIFFERENCE IN THEIR BODIES AND MIND”

REBECCA CHISHOLM



If you have any questions, please feel free to contact myself

Clare Spink:
info@fertilitymassage.co.uk
07713 477511, or your tutor.