



School of  
Empowered Feminine



# Womb + Fertility Massage Therapy Practitioner Course Prospectus

CLARE SPINK N.D.

# COURSE OVERVIEW

## Level 3 Diploma

### Five 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.

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.

“  
*A FERTILE WOMB IS A  
CREATIVE WOMB.  
ONE THAT CREATES LIFE,  
VISIONS, ABUNDANCE  
AND FULFILMENT*  
”

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 BLOSSOM



[www.empoweredfeminine.co](http://www.empoweredfeminine.co)



# MEET CLARE

Clare is the Creatrix & Founder of The School of Empowered Feminine. All of Clare's courses are birthed from her deep passion to support women to become the best, juiciest, most vibrant versions of themselves.

Womb + Fertility Massage was her first creation, and has been taught to over 900 therapists worldwide since 2013, all of whom share a passion for supporting women whether it's on their fertility journey, through each of their life phases or to reconnect them to their divine, feminine selves.

With over 20 years in the natural health industry, a degree in Naturopathy and a plethora of bodywork and trauma courses under her belt, Clare has combined all of her wisdom to create the different courses now delivered under the School of Empowered Feminine.

Clare is blessed to have Worldwide Associates, who each share her passion in teaching these courses, each bringing their own unique wisdom and style to the courses taught.

“  
*WHAT LIGHTS CLARE UP?  
SEEING EACH BEAUTIFUL WOMAN  
STEP IN TO A COURSE ON DAY ONE,  
GO THROUGH THE JOURNEY AND  
BLOSSOM INTO JUICY, VIBRANT,  
EMPOWERED WOMEN*  
”

“  
*Heal the Womb  
Heal the Woman*

*Clare* ♥





# Course Contents

History & effects of Womb & Fertility Massage

Client Consultations & After Care

## 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

**Trauma** - Exploring the layers of trauma we carry; inherited, birthing & early childhood. This brief overview invites an awareness and exploration into self. Gaining insights into each participants core wounds allows us to journey through unravelling them throughout the 5 days.

# LEARNING OUTCOMES

Upon completion of the 5-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

*I love my womb! I haven't always done so, I never gave her a thought until about 17 years ago when I first came across this amazing womb massage and then it was like, "BAMM!" I woke up to my divine feminine inner being and began to honour, respect and love my womb!*

# Day One

**“Young Goddesses; not fully formed, not fully grounded with an air of mischief about them”**

As you enter into the space, you feel a buzzing of excitement + anticipation 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 Cacao ceremony to connect to your HEART + WOMB; creating + opening a safe space for a sharing circle, where women are TRULY heard, held + witnessed.

Leading us into meditation, with a Mind, Heart & Womb Blessing – an initiation as you cross the first threshold, being welcomed into the sisterhood.

A journey of discovery of our inner core wounds invites us to TUNE IN + CONNECT to ourselves, leaving the external baggage of life outside of the Log Cabin, internalising their focus to their RAW inner selves.

Dancing to a variety of rhythms + beats welcomes the sensations to move freely through our body, becoming witness to our OWN true sensations. “Dance like no one is watching” ...because they won't be...

A shared lunch in the family home creates a warm, homely feel whereby the Sista's soften into their circle together as they breathe into this new experience.

The afternoon is a practical session of the womb massage, igniting exploration within as they each massage their “first” womb space.

The most beautiful moment when each Sista gives + receives the womb massage, with a FUL HEART they whisper “This is the most beautiful thing I have ever felt....”

# Nymph

Welcome Circle + Cacao  
Womb Blessing &  
Meditation

Inner Core Wounds

Embodied Dance

Basic Anatomy & Physiology

Womb Massage  
Demonstration

Womb Massage Practical



# Day Two

**“A woman who is deeply connected to herself; taps into her creative & juicy power to birth life, ideas and visions.”**

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.

Wisdom is imparted of the Psoas muscle; the first muscle that is formed in our mother's womb, that carries the energy of fear. Along with Limbic Birth Imprinting – the patterns that we carry through life because of our own conception, pregnancy + birth stories giving great insight into WHY we are WHO we are. Ever wondered why some people are always late? Or hate to wear tight things around their neck? Birthing imprints...

A recognition of our own birthing fears + stories can help free us, because when we acknowledge, we can then accept to transcend...

Nurturing each other with the whole abdominal massage, allowing for a creative flow of inner connection and wisdom to rise to our consciousness.

During our “creatix” menstrual phase, we start to naturally step towards the Warrior phase, a place of going within and inviting raw truths to surface, preparing us for day three tomorrow...

# *Creatrix*

Sharing the energetic  
aspects to the  
Abdominal Massage

Introduction to Entangled  
Roots Therapy &  
Birthing Imprints

Abdominal Massage  
Demonstration

Abdominal Massage  
Practical



# Day Three

**“To have strength, deep passion and wisdom to forge new pathways that are in true alignment with her calling”**

Starting the day by revisiting the full Womb + Abdominal aspects of the massage, allowing for a deeper embodying of the techniques both to give + receive, and swapping partners to enrich the experience of another touch + energy.

The Warrior energy is about editing, discernment + the inner critic. This energy is needed for the Womb Wisdom Medicine Wheel.

Starting with a group discussion, whereby we delve into the four archetypes of the menstrual cycle including the phases of the moon, cycle + life stages.

With this wisdom running through their veins, we then lead into an embodied journey through each of the four phases, whereby the raw truths surface in a safe and held space, ready to be processed through the art of family constellations, ceremonies + healing. It can get raw, messy, snotty, joyful + all the bits in between. It's JUICY AF, this is where you learn SO much about yourself and the biggest TRANSFORMATIONS take part. You can't run, the energy is high and you'll complete this day KNOWING WHY YOU CAME to this course.

Taking time at the end of the day to reflect in a writing sessions, a moment to breath and honour all that you witnessed, learnt + released.

Our Warrior phase in our menstrual cycle + lifecycle is the time most women “dislike” it's irritable + messy, it's the SHADOW part of us BUT without the dark there can be no light and this is where the GOLD is! Hence why Day 3 is Warrior!

# Warrior

Revisit Womb + Abdominal  
Massage

Menstrual Seasons &  
Archetypes Discussion

Womb Medicine – explore  
the four archetypes with an  
embodied experience

Reflective Writing





## Day Four

**“With an awareness of enhanced consciousness, wisdom is shared with love and compassion”**

The day begins with an exploration of how we can enhance our sexual energy; the physical and emotional aspects around orgasms, tapping into an open and honest conversation between sister's. A releasing technique for the pudendal nerve is experienced; the nerve that, if damaged or inflamed, becomes desensitised, equaling disruption to your pleasure of orgasms. Discovering the energy points that are the key focus on the back, stemming from Traditional Chinese Medicine, they gently unlock grief points, connect the dots as to “what is holding you back” or “who is a pain in your butt” – this isn't any old back massage, it's slow, nurturing + releasing.

For some, the realisations of the exploration from Day 3 may still feel a little vulnerable, however during the lower back, sacral and coccyx massage, these are often soothed and as we come to close the day with experiencing the Rebozo bodywork, along with the Restoring the Soul ceremonial wrap, a sense of wholeness returns.

During the Restoring the Soul wrapping ceremony, you will experience a restorative process. The art of being wrapped in cloths, by a Sista who holds only love in her heart for you, whispering words of wisdom + enveloping you in a new energy field.

Often a-likened to that of a caterpillar, who enters the cocoon (your massage table) and dissolves into a ball of goo, losing all of it's “old self” to be reformed into a new form. Transformation happens within the massage and wrapping ceremony, you emerge as a butterfly, NEW, WHOLE and EXPANDED...ready to embrace life.

# Wisdom Keeper

Discussion on Energetic approach to Lower Back + Coccyx, including Orgasms

Sacral Massage  
Demonstration

Sacral Massage Practical

Rebozo Techniques

Restoring the Soul  
Ceremony



## Day Five

**“She’s emerged from the cocoon, like a butterfly who’s transformed leaving the old behind, stepping into her new Empowered Self, with expansion & wisdom”.**

Entering into this day; witnessing the full treatment being gifted as a ceremonial dance, you are invited to go within and nurture your sister’s through touch, wisdom and love.

You will also receive this gift from a Sista, allowing time for you to drop in to yourself, fully connect and feel whole.

Through reflective writing, you’ll be prompted to journal all that you have discovered about yourself during the course, what you wish to release into the Fire Ceremony, and what is it that you are committing to yourself?

The Reclaiming Ceremony invites you to hold compassion + unconditional love to flow through the roots between ancestors, so that you may Reclaim your Power, Your Wisdom, Your Femininity & Yourself...

As you prepare to leave the 5 day journey, you have emerged full cycle into the “Warrior Nymph”, having spiralled through a layer with a raised awareness and enhanced consciousness.

Closing the circle, hugs and kisses galore, a DEEPLY connected sisterhood has been formed. My heart is FULL as I honour the beautiful shifts, transformations and blossoming of each women that I have been privileged to witness.

My work for another 5 days is done.

*The End...*

# Warrior Nymph

Complete Womb + Fertility  
Massage Practical

Practical Ceremony

Reclaiming Spiral Ceremony  
along with Fire Release +  
Commitment

Close

Hugs, Tears & Love







*Join our  
sisterhood*



# LEVEL 3 DIPLOMA CERTIFICATION

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

The practical examination is more of a *Ceremony*. During the course, your tutor will have been witnessing your ability to perform the massage. This is your opportunity to drop in, deliver from your heart & womb, and gift your sista this sacred, feminine art.

## Theory Examination

The theory modules and exams are all online using videos, PDFs and a comprehensive E-Book.

Each module has a short quiz made up of multiple choice or short answers.

## 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.

12 case studies for massage therapists / 18 case studies for non-massage therapists.

## Creative Project \*Optional\*

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 if you feel drawn to creating a project.

## Certification

Upon the 3 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 Level 3 Diploma course, comprising of Anatomy & Physiology, Health & Safety, Professional Conduct and the Massage techniques needed to fully perform Womb & 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 6 participants per course in UK.

The minimum number for International courses will vary, the maximum will never exceed 12 to ensure that the group remains intimate and safe.

## Course Fee Inclusions

- 5 Day Intensive Course
- Practitioner DVD
- Practitioner Listing on website
  - (Free for 1 year, thereafter a nominal fee will be applied)
- 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
- *Mersea Courses ONLY - Fee includes accommodation & meals*

# ARE YOU READY TO STEP INTO YOUR WOMB WISDOM ?

Myself, and my beautiful Associates await you with open hearts & wombs.

We are here to guide you, to answer any questions you may have or to connect with, to ensure that YOU feel that you are entrusting that this is THE course for you.



*From my heart  
& womb,  
I welcome you  
Sista*



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