



What is Empowered Feminine?

Clare Spink N.D.



empowered feminine®

Evolve ~ Embody ~ Empower

Journey through the process of discovery and healing to **EVOLVE** to a woman one who can access the wisdom within to **EMBODY** her true passions, living life as a **SELF EMPOWERED** woman!





A Journey of Discovery

Through a journey of discovery using a blend of massage modalities, and Trauma therapies; we start to unravel the stories held within that are restricting us from living our fullest, juiciest and creative life!

Accessing the wisdom of our **womb, yoni, heart & soul**, we unearth the passions and ideas that reside within, just waiting to rise up into juicy creativeness.

Living our truth, following our path and having clarity as to who we are, empowers us to be amazing women!

What *IS* an Empowered Woman?

An Empowered Woman is one who is living life in **Alignment!**

A woman who is following her Heart with her **Passions**,
her **Creativity** & her **Visions**.

A woman that says YES to what she TRULY wants to do and has the strength within to say NO to those situations that are not in alignment with her truth.

An Empowered Woman knows that Self Care & Self Development is vital for
Restoration, Rejuvenation & Realignment.

What's *YOUR* Story?

- ✦ Who's story are you carrying in your cells?
- ✦ Are you lacking creativity, vision or drive?
- ✦ Do you have uncertainty to a situation or a decision to be made?
- ✦ Have you got certain beliefs, patterns or blocks that you can't seem to shift or make sense of?
- ✦ Do you feel that you are holding onto emotional or physical traumas?
- ✦ Have you lost your Zest for life, for relationships or for your career?
- ✦ Would you like to reignite your sexual passion?
- ✦ What's your birthing imprint – how has this shaped your life story?
- ✦ Do you experience menstrual or digestive complaints?
- ✦ Do you need to honour yourself by taking time away from the hustle and bustle of life, time to JUST BE?

What is Empowered Feminine Therapy?

Starting with a consultation where you share “your story”; we address trauma patterns & explore inherited wounds, together we then focus on what you would like to achieve.

I then create a bespoke therapy for each woman; blending a fusion of nurturing abdominal, womb & lower back massage with creative visualisations.

Wisdom surrounding **birth imprints, ancestral trauma & patterns, menstrual medicine** and **restoring your soul** will be shared.

Empowered Feminine Therapy has been designed to unravel patterns, beliefs, and imprints, reveal visions and desires and help women work with our cycles.

You are held,

heard &

cherished





Our Wombs are Our *Creative Centre*

This may seem a strange thing to say, for many, you would imagine that your HEAD is where all ideas derive from – but when you discover that our menstrual cycles drive our moods, our creativeness and our wisdom – it's a lightbulb moment for many, that if we are disconnected from our creative feminine centre, then we are not truly living our fullest, creative, juiciest life!

Our wombs are our creative centres, creating physical life, ideas and visions.

Womb Massage is a sacred, feminine art that nourishes and nurtures the womb. You are lovingly held in a **safe space** to start to unravel your own stories and traumas that are stored within your body and womb.

Using a variety of healing tools in the sessions, invites an opportunity for women to heal their wombs.

Heal the Womb

Heal the Woman

About Clare Spink



Clare is the founder of **The School of Empowered Feminine** and the creatrix of therapies and courses in *Womb & Fertility Massage, Trauma Release, Embodied Rhythmic Massage & Entangled Roots Trauma.*

Clare's creations combine her three passions in life; Wombs, Movement and Trauma. This fusion supports women to truly know & heal their bodies, their wombs and their minds. Empowering women to unravel their emotional wounds and connect to their innate wisdom of their wombs enables them to live a fuller and juicier life.

Clare has taught 900+ therapists worldwide and has 11 International Teaching Associates who all share her passion in helping women to reconnect and heal their womb. Believing that our wombs are our creative centre whereby all life & visions are created, Clare coined the phrase ***"Heal the Womb, Heal the Woman"***

Connect with Clare



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