

A gift for YOU: Women's Healing Weekend Residential - Experiential

Incorporating "Healing the Mother"

In whatever order it happens to flow . . . over two days . . . we may do this in any particular order – but by the end of the workshop we will have covered

Pain Free Pregnancy

- pre during and post – women's structures and how to allow ease and grace

General intro and practicals done on all attending (bring your own aches and pains along).

Experience how I have developed my Moving Blockages work over the decades for pregnancy and general conditions.

- Cupping out the cold revision and moxa uses
- Sacra moxa fan
- Belly binding
- Castor oil packs
- Vagi steaming
- Pelvic opening (sexual bliss)

Suggested pre work –

- the *Transformative Healing* series (usually \$100 on site – free on registration)
- *What Dads Can Do* - DVDs and Apps plus eBook series

Healing After Birth

"Healing the Mother" - including your inner one – in preparation for the next part of your life. - be it becoming a mother yourself (or again), or as you look to a transition into your next phase.

Maybe even as your uterus is gone, or cancer has invaded your space.

Or how to help those in any of this:

- Wounds – the damaged healer
- Scars on all levels
- Shock and all aspects of birth trauma

What you can walk off with – a clearer body and mind

Garden. Walks, warm hearth and happy company!!!

Fee includes all food, a faja to take home, and notes, and many sessions and self explorations – as this is experiential.

Accommodation, food, notes, sessions and faja included.

Limit -10 people

Venue:	Atarau, West Coast (Contact Heather re transport from Chch)
Date:	4th-5th April 2015



Presented by Heather Bruce
03 732 3030

Full Details:

sharpen-up-your-results.com/courses/traditional-womens-healing/

Traditional Women's Healing Wisdoms