



FERTILITY MASSAGE THERAPY.

5 Day Residential Heal the Womb Retreat
Shankari Retreat
Sacred Balian River, Bali
AUGUST 2016

Heal the Womb, Heal the Woman

To Enrol, contact Clare
info@fertilitymassage.co.uk
www.FertilityMassage.co.uk

Heal the Womb Retreat

This 5 day retreat is a blend of Fertility Massage Training & a Divine Feminine Retreat.

Much of the course comprises of a spiritual healing journey, an exploration of our inner womb wisdom and an immersion in feminine energy.

For those attending just the Retreat element, you will have the opportunity to experience the Fertility Massage from practitioners that have previously trained in the therapy, learning how our bodies and minds are connected, and how the massage is used to help physical and emotional blocks.

Whilst "Training" elements are being taught, those on the Retreat will enjoy additional activities such as Rebirthing, Hawaiian Forgiveness Cleansing and Self Help Massage.

These 5 days are set to be a beautiful blend of practical and spiritual healing, for all women, not only those on a fertility journey.

"A Fertile Womb is a Creative Womb"

Retreat Outline

Day 1

Arrival by 12pm for Welcome

Womb Meditation & Blessing

Sharing Circle

Lunch & free time - swim, relax, walk

Finding the womb ~ demonstration and practical

Free time

Dinner

Day 2

Morning Yoga followed by Breakfast

Rebirthing - Clearing your Birthing Patterns

Receive Womb Massage

Lunch & free time - swim, relax, walk

Menstrual seasons - unearth your inner womb wisdom and power.
Explore ways to make your menstrual cycles work for you, creating a life that flows!

Free time - journal, rest, swim, explore...be

Dinner

Crystal Bowl Sound Healing

Day 3

Morning Yoga followed by Breakfast

Receive Abdominal Massage

Lunch & free time - swim, relax, walk

Self Care & Meditation

Free time - journal, rest, swim, explore...be

Dinner

Traditional Balinese Dance

Day 4

Morning Yoga followed by Breakfast

Ho'oponopono - Hawaiian Process of Forgiveness

Receive Lower Back & Sacral Massage

Lunch & free time - swim, relax, walk

Rebozo Techniques

Labyrinth Walk

Dinner

Closing the Bones Ceremony

Day 5

Morning Yoga

Breakfast

Receive Whole Massage

Free Time

Lunch

Closing Ceremony

Departure approx 4-5pm



Investment:

£850 Shared Accommodation / £975 Private Accommodation

Includes:

Receive Fertility/Womb Massage as part of the Fertility Massage Training Course

4 Nights Accommodation, 5 Days Retreat

All meals and snacks

Crystal Bowl Sound Healing Meditation

Swimming Pools, Chanting Cave and beautiful sacred surroundings!

To Enrol, contact Clare

info@fertilitymassage.co.uk / www.FertilityMassage.co.uk