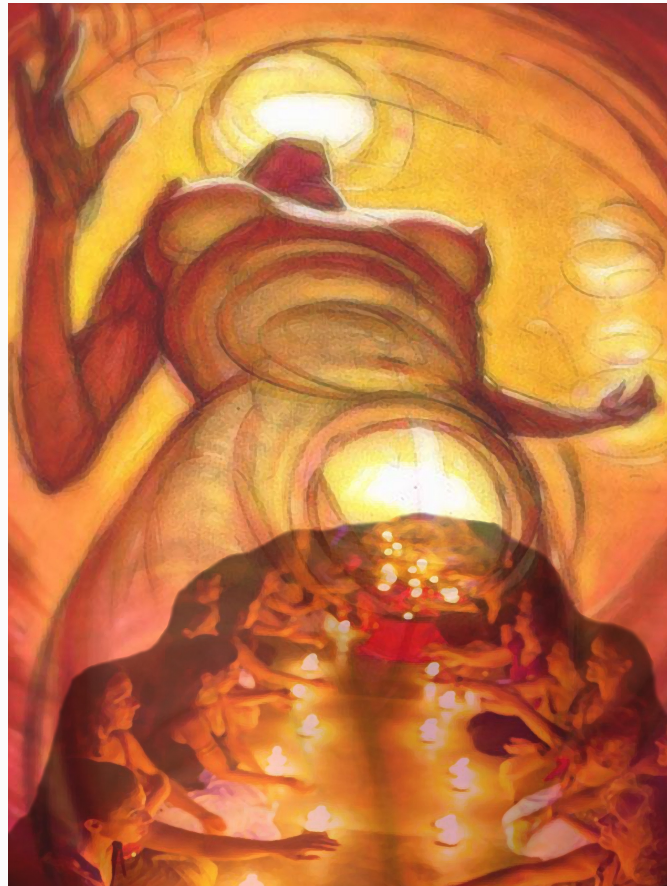


Gentle Selfing Workshop – The Gentling Way

Gentle Selfing Workshop

is a practical experiential workshop introducing the concepts of **The Gentling Way method** based on the work of Heather Bruce.

It is an invitation for women of any age to immerse themselves in a healing circle and learn new ways to address their health concerns. Today, women are suffering because of the lack of real education about their body, and how to address pain and symptoms themselves when they occur. If body came with an "owner's manual", this would be it.



This is a womb-centred experience, based upon the ebbs and flows of your Qi, Blood and life force as you travel through the stages of being a woman.

The Gentle Selfing Package includes:

1 - Three online pre-courses:

- *What Causes Health*
- *Self Soothing*
- *Perineal Steaming*

To start you on the path to optimizing your health and help your body function as nature intended.

2 – The Gentle Selfing Online Workshop:

The online workshop includes four sessions of four hours each live on Zoom

Some of the tools you will learn include :

- Understanding the body from an East Asian energetic perspective in order to thrive in your life
- Instructions in gentle yet powerful self-soothing massage techniques
- Guided visualizations and meditations
- Simple and practical time tested methods to heal all manner of women’s health concerns
- Perineal steaming for all stages of life and
- The importance of Heather’s “Life Recipe” for better overall health

A Gentle Selfing manual and resources will be provided

Gentle Selfing Workshop – The Gentling Way

Join Lisa and Marie for either of these upcoming workshops:

**Sun/Mon April 17-18 and 24-25, 2022
12pm-4pm Melbourne, Australia time(GMT+10) OR**

**Sunday May 22, 29, and June 5, 12, 2022
12pm-4pm Melbourne, Australia time (GMT +10)**

3 – The Follow Up Gentle Selfing Challenge:

To help you integrate the new tools you have learned into your daily life.

This includes four one hour sessions with Lisa and Marie weekly for one month directly following the live zoom class.

*** Gentle Selfing workshop is a pre-requisite to all other modules of The Gentling way / Heather Bruce Healing.**

The Gentle Selfing experience is \$550 USD

Contact :

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<https://heatherbrucehealing.com/>

Sample time conversions for your reference:

12pm (noon) to 4pm AEST (Melbourne/Australia)

7pm -11pm PST/California time – (17 hours behind Australia)

10pm to 2am EST/New York – (14 hours behind Australia)

10am to 2pm Singapore time