

Gentle Selfing Workshop ***- Information Letter -***

is a practical experiential workshop introducing the concepts of **The Gentling Way Method** based on the work of Heather Bruce's decades of being an inquisitive health detective and practical clinician. This work will take you on a journey to optimizing your health and helping your body function as nature intended.

This workshop is an invitation for you to immerse yourself in a healing circle and learn new ways to address your health concerns. Today, women are suffering because of the lack of real education about their bodies and how to manage pain and symptoms themselves, when they occur.

If we came with an "**Owner's Manual**", this workshop would be it.



For women of any age, 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***

2 – The Gentle Selfing Online Workshop:

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

The Gentle Selfing workshop incorporates :

- 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
- Awareness that we have been gifted a body
- A focus on the natural rhythms of life – through the seasons, rites of passage, and cycles of life
- The importance of Heather's "**Life Recipe**" for better overall health

A Gentle Selfing manual and resources will be provided

Join Lisa and Marie:

4 consecutive Sundays: May 22nd, 29th, June 5th and 12th 2022
12pm - 4pm Melbourne, Australia time (GMT +10)

Sample time conversions for your reference:

New Zealand - 2pm to 6pm Sunday (2 hours after Australia)
California - 7pm to 11pm Saturday (17 hours behind Australia)
New York - 10pm to 2am Sat/Sun (14 hours behind Australia)
Singapore - 10am to 2pm Sunday (2 hours behind Australia)

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.

The Gentle Selfing experience is \$550 USD

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

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Gentle Selfing Workshop – The Gentling Way