**All of these are full of online resources, manuals and are $US 550**

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| **Touchie** | **Pre requisites** | **Self paced online** | **‘Live’ online** | **Practitioner focus** |  |
| **101** – (a) Selfing | None | Y | N | Anyone |  |
| (b) Selfing/ Challenge | None | - | Y | Anyone |  |
| **102** - Self Discovery | None | Both online & led | Could be – 2 versions | Anyone |  |
|  |  |  |  |  |  |
| **201** - Free Your Qi | None | - | N | Anyone |  |
| **202** - Pelvic Opening | 101, 201 | - | N | Anyone |  |
| **203** - **Reconnecting** | 101, 102, 201 + 202 | N | Ideally Y | Y |  |
| **204** – **Scars** - Holistic Healing/ C Section | **All above PLUS**  301, 302 | N | Ideally Y | Y |  |
| **205** - Living Ligaments (L.L.) I | All above PLUS  301, 302, 303 | N | Ideally Y | Y |  |
| **206** – L.L. II | Cumulative PLUS 304 | N | Ideally Y | Y |  |
| **207** - L.L. III | Cumulative PLUS 305 | N | Y | Y |  |

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| **Being Woman** | **Pre requisites** | **Self paced online** | **‘Live’ online** | **Practitioner?** |  |
| **301** - WDCD/ Pelvic Opening/Birthing | 101 | Y | N | Anyone |  |
| **302** - Being Woman | 101, 201, 202 | Y | N | Anyone |  |
| **303** - Painless Pregnancy /Easy Babies | 101, 201, 202  302 | Y | Need personal mentoring as well | Anyone |  |
| **304 -** Mammalian Maternity | 101, 201, 202  302, 303 | Y | N | Anyone |  |
| **305** - Mammalian Birth Keeping | 101, 201, 202, 203, 204, 205, 302, 303 | Lived experience | Need personal mentoring as well | Anyone |  |