

THE WOMB SAUNA

Ancient Herbal

Steam Medicine for Women



Offering Top of the Class Education in Wholistic Medicine

2013-2014 Course Catalog

PHASE 1



Modules 1 through 5:

The Call to Womb Work

What's Your WombStory

Ancient Herbal Steam Medicine

Human Composition & Womb Composition

The Womb Sauna: Principles, History, Mission, & Vision



PHASE 2

Modules 6 through 8:

Natural Medicine vs Traditional Medicine

Herbal, Gemstone, & Essential Oils Medicine 101

Intuitive Healing



PHASE 3



Modules 9 through 10:

Womb Sauna Practitioning

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Additional Trainings & Apprenticeship

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Course Descriptions

THE CALL TO WOMB WORK

Womb work is a sacred work. How do you know that you are passionately aligned with that work for the reasons that elevate you and your clients? This course walks you through understanding the current global womb crisis and how ancient herbal steam medicine is positioned within the womb crisis. There is also a detailed history of ancient herbal steam practices in various cultures. By the end of the course you will get to decide YOUR position in the global womb crisis.

WHAT'S YOUR WOMBSTORY?

Every womb has a voice and a story to tell. In order for you to successfully service other women you must first align with your own womb's story and make peace, create balance, and learn yourself how to hear the voice of your womb and how she speaks so you can lead by example.

HUMAN COMPOSITION & WOMB COMPOSITION

Learn human composition from the biopsychosocial model as well as the composition of the womb to properly map imbalances at all levels and entry points for healing energy.

THE WOMB SAUNA: PRINCIPLES, HISTORY, MISSION, & VISION

Learn how The Womb Sauna has pioneered the modern awareness of ancient herbal steam medicine and mobilized it to make it available worldwide.

NATURAL MEDICINE VS TRADITIONAL MEDICINE

Learn the advantages of both natural and traditional medicine and how to counsel your clients on which paths to take for optimal health.

HERBAL, GEMSTONE, & ESSENTIAL MEDICINES 101

Learn the basics of how to apply, create, and administer herbal, gemstone, and essential oil remedies for mind, body, and spiritual healing work.

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Course Descriptions, cont'd

INTUITIVE HEALING

To be a Womb Sauna Practitioner one must be in tune with their intuitive gift. This module will teach you how to become in tune with that gift and use it as a healing instrument for your clients.

WOMB SAUNA PRACTITIONING

Learn how to prepare your own mobile womb sauna kit and start practicing the art of herbal steam medicine.

MARKETING & INVENTORY MANAGEMENT

Embrace the spirit of entrepreneurship! Part of your success as a Womb Sauna Practitioner include sound business strategies and infrastructure. This module will lay the foundation for your success!

ADDITIONAL TRAINING & APPRENTICESHIP

Go ahead and wrap your arms around yourself because you have approached the finish line! You now have the option to work with our referral companies to obtain addition certifications for doula care, aromatherapy, and herbalism. These are optional and not mandatory for your graduation. What is mandatory, is your apprenticeship which consists of servicing 3 women at no cost and uploading proof of service and testimonials of their experiences.

