

## Workshop Outline for Heal your Womb Wounds

Women hold many traumas in their wombs, from ancestral to birthing, sexual abuse to menstrual, betrayal to grief, loss to surgery, there are many forms, even some we may not be aware of. Whatever stage of womanhood you are at this powerful ritual will take you on a journey of releasing, healing and rebirthing.

## **INCLUDED**

Guided meditations and rituals

Group discussion with tea ceremony

Crystals

½ day

At your premises or mine.

Travel costs and min and max numbers may apply

Enquire re cost

All enquiries to louise@soulstruthhealing.com