

# ADORING GAIA: WILD MAGIC WEEKEND WOMBPORTAL W/LEELIU (& FRIENDS)

## SEP 14: QI WOMB SELF MASSAGE LEVEL 1 TRAINING



### REVITALISE WITHIN: WOMB SELF CARE

Nurture Your Inner Self: Embark on a meaningful journey to rediscover the ancient Taoist wisdom of womb healing self-massage.

A Space for Self-Care and Personal Discovery: This Level 1 training provides a space to explore and connect with your womb, a vital source of feminine energy and vitality.

Embark on a rejuvenating path that empowers you with lifelong self-care skills.

**SEP 12- 15, 2024**  
**Ubud, Bali, Indonesia**

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## WOMBPORTAL

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#### **The Transformative Benefits of Womb Massage:**

- **Enhanced Circulation:** Stimulates blood flow in the pelvic area, supporting overall reproductive health.
- **Stress Reduction:** Creates a calming effect on the mind and body, reducing stress and promoting relaxation.
- **Detoxification:** Aids in the release of toxins from the body, supporting a healthier system.
- **Emotional Release:** Helps in releasing stored emotions, contributing to emotional balance and well-being.
- **Hormonal Balance:** Can assist in regulating hormonal levels, aiding in menstrual and reproductive health.
- **Pain Relief:** Offers relief from menstrual cramps and discomfort associated with reproductive health issues.
- **Improved Digestion:** By massaging around the abdomen, it can also improve digestive function.
- **Energetic Rejuvenation:** Learn self-massage techniques inspired by Taoist practices aimed at rejuvenating and circulating Qi in the womb area by releasing energy blockages.

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## WOMBPORTAL

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#### **Why This Training Will Transform You:**

- **Empower Your Femininity:**

Master self-massage techniques that not only offer physical relief but also enhance your emotional and spiritual well-being, tapping into the core of your feminine power.

- **Soothe and Rebalance:**

Explore the holistic benefits of self-massage that contribute to overall well-being, which may include aiding in balancing hormones and alleviating menstrual discomfort. This gentle, nurturing approach promotes self-love and body positivity, helping you to harmonize your body's natural rhythms

- **Wisdom of an Expert:**

Receive guidance from an empathetic and experienced practitioner/teacher skilled in the art of womb massage. Valerie will share her valuable insights and techniques in a supportive, all-women environment, creating a personalized and enriching learning experience.

- **Connect and Flourish:**

Form meaningful connections with fellow participants – a community of women embarking on a shared journey of self-healing and empowerment.

# ADORING GAIA:

## GUEST FACILITATOR, TRAINER: VALERIE PARISI

### **Personal Trauma and Discovery:**

Valerie's life-altering encounter with ancient Taoist Abdominal Massage led her from personal trauma to becoming a beacon of healing. Valerie's life changed forever when she found this ancient abdominal healing massage. Following an operation, she developed post-traumatic stress syndrome. She tried many mainstream health services and began to feel like nothing was going to truly help her feel healthy and at peace.

She decided to go on a worldwide search for a "cure" - and finally came across an Ancient Taoist Abdominal Massage. She felt the benefits of the practise immediately and soon she was almost completely free of her symptoms.

### **Embracing Her Mission:**

The profound healing qualities she found in this Abdominal healing Art inspired her to make it her life mission to become a master at the practise and to share it with others. She studied with Abdominal massage masters across the world and helped to make similar life-changing-shifts in others with her private sessions.



### **A Multifaceted Healer:**

Valerie's healing expertise is not limited to abdominal massage. She is also a skilled practitioner of Womb & Yoni Massage, an Acupuncturist, and a Reiki Master. This diverse skill set positions her as a multifaceted healer, offering a holistic approach to wellness. Her comprehensive understanding of body, mind, and energy healing makes her an invaluable guide in the journey toward holistic health.

# ADORING GAIA:

## WHAT PEOPLE SAY ABOUT THE MASSAGE TRAINING:



“One of the most profound trainings - physically and emotionally - that I’ve been through. Thank you to the women who were present and thank you Valerie for holding me through this process. This training and facilitators like you are so needed in this world.”

**Rachel Green, Coach at Shine  
with Rachel**

**- Maria Sky,  
Tantra Teacher**

“Attending this training was an eye-opening experience for me. The techniques taught were not only practical but also deeply nurturing. I learned to connect with my body in new and meaningful ways, Valerie created a safe and supportive environment, where I felt empowered and understood. I cannot recommend this course enough. Thank you for this beautiful and transformative experience!”