

Women's Pelvic Floor Professional Bodywork Training

- Preliminary material
- Course structure
- Scope of practice
- Ethics and professional conduct
- Consent and boundaries
- Practicalities
- Abdominal massage (based on Chi Nei Tsang)
 - Introduction and counter indications
 - Types of touch and palpation skills
 - Anatomy of the internal organs
 - Procedures
 - Basic CNT
 - Fundamental techniques
 - Advanced CNT
- Gynaecological massage
 - General structures
 - Anatomy of the pelvic girdle
 - Anatomy of the internal muscles of the pelvis
 - Anatomy of the reproductive system
 - Vulva
 - Anatomy of the vulva
 - Issues and solutions pertaining to the vulva
 - Procedures
 - Vulva massage
 - Vagina
 - Anatomy of the vagina
 - Issues and solutions pertaining to the vagina
 - Procedures
 - Karsai Nei Tsang (vaginal)
 - Thiele stripping procedure
 - Other massage techniques
 - Pulsation technique
 - Single point press technique
 - Trigger points technique (Thiele points)
 - Stretching procedures
 - Midwife stretch
 - Hymen stretch
 - Atrophic vaginitis stretch
 - Bladder and urination
 - Anatomy of the bladder and of the urinary system
 - Issues and solutions pertaining to the bladder
 - Procedures
 - Bladder lift
 - Bladder-urethral sphincter synchronization
 - Incontinence and interstitial cystitis
 - Breasts
 - Anatomy of the breasts

- Issues and solutions pertaining to the breasts
 - Procedures
 - Mammary glands
 - Painful or heavy breasts
 - Fibroids (if tested as not cancer)
 - Anus and rectum
 - Anatomy of the anus and the rectum
 - Issues and solutions pertaining to the anus and the rectum
 - Procedures
 - Anal massage preparation
 - Rectal Thiele stripping technique
 - Fissures
- Other techniques
 - Prolapse techniques
 - Common procedures
 - Uterus prolapse
 - 1st degree
 - 2nd degree
 - 3rd and 4th degree
 - Vaginal prolapse
 - Rectal prolapse
 - Menstrual cycle
 - Phases
 - Hormones
 - Duration and flow
 - Menstrual sublimation
 - Pregnancy and birth
 - Menopause
 - Neuralgia
 - Nerves of the pelvis
 - Massage procedure to assess for neuralgia
 - Nerve reset
 - Nerve rewiring
- External myofascial release of the Deep Front Line (DFL)
 - Myofascial release
 - Approach
 - Anatomical explanation of the work
 - Variations
 - Techniques
 - Anatomical structures of the DFL
 - Procedures
 - Upper body
 - Lower body
- Sexual issues and Tantric yoni massage
 - Sexual dysfunctions
 - Tantric yoni massage