

A YEAR LONG YONI MASSAGE AND PELVIC WELLNESS PRACTITIONER TRAINING

For women who want to be in service and devotion to the feminine for our collective healing and liberation.

This is for women who are longing for depth, integrity and holding in a training.

This work is a real act of love and devotion to women.
A desire to be of service to the feminine is essential,
and a belief in the beauty of the female body.

A deep journey into the mysteries of the feminine.



Your Guide

Hi, I am Elise Savarisse, creator of The Yoniverse.

I had my first Yoni Massage over a decade ago and I remember thinking to myself "Every woman needs this".

For the past 7 years, I have been offering teachings to both men and women on female sexuality, Yoni massage and deep intimacy and I am finally ready to teach other women how to offer professional and integral Yoni care.

What is included?

- **3 x one-week long (non-residential) retreats in the Byron Shire.**
We will focus on embodiment and massage practices. You need to know how to touch and what you are touching! We will do all the theory online so that our time together can be about focused practices and honing your skills. I am going to limit the retreat to 8-10 women to ensure an optimal learning environment.
- **A year of teachings** both online and in person with Elise Savaresse and Special Guest teachers
- **Opportunity to offer Community Yoni Massage** at my home for our local community. This will give people an opportunity to experience this type of bodywork who may not otherwise be able to afford it and give you an opportunity to practice at the end of your training.
- **Private mentoring and practice** with Elise at the end of your training
- **Continuous Learning Opportunities** - You will have the opportunity to take part in further retreats and trainings more specialised to specific transitions in a woman's life cycle and understand their impact on the body and how to best support women in that time (Pregnancy, PostPartum and Menopause). Not included in price.
- **Access to a database** of common pelvic issues women are facing and different ways that we can address them - This will be building together over time.
- **Access to Coming Home, my signature program** on reconnecting to yourself and listening to the wisdom of your body



7 days Retreats In the Northern Rivers

Includes:

- Opening and Closing Ceremonies
- Lunches, Dinners and Delicious treats
- Daily Embodiment Practices
- Lots and lots of massage practice time
- Fireside cabaret night
- Plenty of downtime and access to the pool during the day

Training outline:

- Coming Home- Signature program- January 2024
- 2 months of Online training with weekly calls of about 2-3 hours and a week off every month.
- Week-long Retreat and practice around April/May
- 3 months of Online training with weekly calls of about 2-3 hours and a week off every month.
- Week-long Retreat and practice August/Sept
- 3 months of Online training with weekly calls of about 2-3 hours and a week off every month.
- Week-long Retreat and community practice Nov/December

The exact dates for the retreats will be confirmed closer to the start of training but with plenty of time for you to get organised.

At the end of your training you will be able to offer 3 types of sessions:

- Explorative: You get to take your client on a journey to explore their most intimate space.
- Therapeutic: Where the focus is on releasing tension and addressing specific issues of the pelvis
- Sensual: Focusing more on feeling, relaxing and journeying within.

The *Yoni* Is the keeper
of the infinite mysteries of the
universe

@the.yoniverse

This is not for you if you are looking for a quick certification.

This is for you if you are looking for a slow and gentle route, where all of
you gets to fully embrace the experience.

Investment

Early Bird Price before the 21 of February 2023

In Full: \$11,500

12 months payment plan: Deposit of \$2500 + 12 payments of \$820

18 months payment plan: Deposit of \$2500 + 18 payments of \$550

Full Price after the 21st of February 2023

In Full: \$13,500

6 months payment plan: Deposit of \$3500 + 6 payments of \$1750

12 months payment plan: Deposit of \$3500 + 12 payments of \$900

Terms and conditions of Payment:

Deposit is non-refundable

At least 1/2 of the total payment needs to be made before the start of our
1st retreat in April/May 2024

Total payment needs to be made before the start of our second retreat
Aug/Sept 2024.

Applications:

Please fill out the form [here](#)

And then Book a call with me [here](#)

Scholarships:

2 Scholarships per intake will be given to single mothers or indigenous women who feel called to offer this work.

The scholarship will be for 75% of the cost of training, so you will only have to pay 25% which can be done over a 6, 12 or 18 months period.

Please specify at the end of your intake form, when booking your call, that you would like a scholarship and why.

A little note on this training, why I felt called to create it and what to expect:

I have been around the conscious sexuality scene for quite a while now. Over the years, I have participated in trainings and workshops that were not professional and not based on truly supporting the individual but more so the ego of the facilitator.

I have witnessed a lot of trauma being induced in such spaces.

Also I am watching people offering Yoni Massage Trainings that only last ONE week or trainings that required the person to only practice one supervised Yoni Massage in order to be certified.

And it has really, like REALLY bothered me!

This work to me is so tender and deep and I don't always see that reflected in the intention and creation of trainings (some do but not all).

I am all for more Yoni Massage trainings to come out as I believe this work needs to be more accessible, but there needs to be integrity and professionalism.

This field of work is not regulated so it's easy to create something that looks and sounds good but that isn't based on right practice.

You can't teach this work in a week when it is so tightly woven with deep layers of trauma, shame and repression.

And you can't expect to be a professional therapist when only doing one supervised practice, you just can't.

I have had people reaching out to me with horror stories of trauma, pure incompetency and really, a lack of care for the tenderness and vulnerability of this work.

So I wanted to share with you today, some of the things I feel very strongly about when it comes to training in this field of work and what you can expect in this training:

- **You need to know what you are doing.** I have experienced and heard many women leave trainings where they are still unsure of the anatomy, not sure what they are touching.

I want you to know the anatomy of the pelvis in your head and how it feels in the body, not vague knowledge.

- **It's super important to me that you also go beyond the anatomy,** that you know how to meet someone's body on a much deeper level, and that you know how to listen deeply, feel and hold their heart.

These days I hate receiving a massage where it feels like the practitioner is just going through the motion. Even though I have mentioned specific areas of tenderness or attention, the flow seems to be the same.

As I said previously this work is tender and you need to be able to meet the person truly where they are at. You need to be able to go beyond the structure of a massage and trust what arises in the meeting of someone's soul.

The healing is in the holding and the loving.

- In order to do both of the above, **you need practice, a lot of practice**, in both trusting yourself and in touching bodies hence why we have 3 retreats together.

- In order to hold space for someone else, and this work requires you to hold A LOT at times; a lot of pain, a lot of pleasure, a lot of emotions, YOU need to be comfortable with that. This capacity only comes from taking a deep dive into your inner world.

A big part of the training is going to be about you and meeting yourself in the most beautiful, soft and tender way. We will explore practices that will support your unfolding, your exploration and your liberation.

- **Deep knowledge of the nervous system** is required to do this work, both for yourself and your clients so we will address this in many forms. You will get teachings from me and from guest teachers to ensure that you feel confident in your understanding and that you can hold a safe space for your future clients. You will learn regulations tools to support you in your practice and to share with your clients to further support their journey.
- I don't believe I have all of the knowledge, I know I don't. I also deeply believe that in our coming together and with the specific women who are going to take on this journey, something else will be created that right now I am not fully aware of... This is the mystery, this is the feminine way.
There will be a structure that holds us but the way that I am framing this training is also inviting individual knowledge to come forth and to be shared.
- **I want this body of work to evolve and morph and become reacher and reacher as the years go by** so be ready for a journey that will go beyond this training if you want to.
- Part of that evolution will be a **yearly get-together** with the previous practitioners who have been certified. I see it as a Cauldron. A **week where we get to tend to ourselves and each other and explore what else our bodies want to reveal to us**. One of the problems I often see with people doing this work is that we don't actually receive it enough or there is no space for further exploration and for our curiosity to take us on a journey hence why I feel called to offer a yearly Cauldron Retreat (not included in the price but will keep it affordable).

- **Community Yoni Massage.** This is also big for me. A session is usually pretty expensive and not many women can actually afford it. I have been tossing with different ways that we could make it more affordable for more women and I feel that offering community Yoni Massage at the end of your training is going to be one option.

If you interested in this training please:

Please fill out the form [here](#)

And then Book a call with me [here](#)

I am so looking forward to taking this journey with you.

Elise