

## Mizan Practitioner Training, Marrakech, 11th-18th February 2023

*“This is a transformative course. The extent of experiential learning, information, wisdom and practice that happens within a week is immense, and the entire experience is wrapped in a warmth, acceptance and shared connection with the other participants rarely felt in any other learning environment. It is a safe place to stretch your own skills, insight and self-awareness to a level which surprises even you by the end of it”.*

Mizan is sacred work. It is a calling. It is a desire to be of service to women. It is not for everyone.

Women are blessed to have wombs, through which all new life is brought. Everyone is born from a womb. We have the ability to reproduce the species. And yet for too many, having a womb has become anything but a blessing. Women suffer from excessive bleeding, irregular bleeding, PCOS, endometriosis, fertility problems... all of which lead us to curse our womanhood rather than celebrate it.

Mizan practitioners have the skills to help transform the lives of women: emotionally, physically and spiritually. We are truly fortunate to be able to serve women and humanity.

Wombs are sacred spaces within us and as practitioners we honour this. This means that we are working not only with the physical and emotional bodies, but also with the spiritual, not necessarily in the religious sense (although if practitioner and client beliefs coincide then we may find ourselves working at that level) but walking alongside women from many backgrounds, who hold different beliefs and we do so in sisterhood, with love and without judgement.

There is some online theory (reading and viewing) to cover in the run up to Mizan Practitioner Training, leaving us free to enjoy a week of massaging and being massaged! You will feel very nurtured and will leave feeling refreshed and renewed. I believe that to heal others you need first to heal yourself and the course facilitates a lot of self-healing.

Courses are always small, to enable true connections with the other women, forming deep bonds of sisterhood. There will always be Bushra with one or two assistants to ensure a high trainer-student ratio, so you get all the practical support you need.

Mizan stands on the three bases of transmission, transaction and transformation.

Transmission, because a certain amount of information needs to be passed on; transaction, creating interaction with the learning in order to construct new knowledge, and then transformation, creating the potential to transform on many different levels: cognitive, emotional, intuitive, creative and spiritual.

There will be some pre-course work to prepare you for the week of practical training, and some post-course work to finish with. Your practical massage skills will be assessed at the end of the week. In all it will be at around 100 hours of study and practical experience.

Your training fees include a year's membership of the Mizan Foundation, formed to keep standards high to protect practitioners and clients. Membership gives you access to our practitioner forum, free mentoring, discounted courses, practitioner prices for Mizan Botanical herbal products and lots more. It also gives you rights to use the Mizan logo.

### **What does the course cover?**

- Learning how to best look after your own womb health
- Online pre-course module
- Anatomy and physiology of the pelvis
- A new way to think about menstrual cycles and menstrual health
- Causes of menstrual pain, heavy bleeding, fibroids, endometriosis
- Fertility problems
- Safely performing Mizan on clients
- Releasing tension in the sacrum
- Releasing tension in the diaphragm
- Aiding and supporting emotional release
- Knowing when and how to use castor oil packs, pelvic steaming and womb wrapping
- Herbal formulations for women's and men's health and healing
- Guided visualisations for wombspace health and healing
- Some simple EFT to use for yourself and clients

### **What does the course give you?**

- A burning desire to improve women's health – one womb at a time
- A comprehensive course manual
- All the paperwork you need as a Mizan practitioner
- First year's membership of the Mizan Foundation
- Four months of mentoring while working on case studies
- Support of Bushra and other practitioners via the Mizan Forum
- Facebook practitioner page
- Reduced prices on Mizan Botanicals

### **Who is this course for?**

Absolutely anyone who wants to learn womb work, woman to woman support and healing. No previous massage experience is needed.

If you are already working in women's health you will greatly benefit from this course. Doulas, midwives, yoga teachers, acupuncturists, well women practitioners.... all will gain some fantastic new resources, skills and perspectives.

### **Are there any pre-requisites to training?**

You will need to have attended the Wombspace Workshop within one year of attending Mizan practitioner training.

### **Are there any post-course requirements?**

The week of practical training will train you in techniques to work with women's reproductive and emotional health. To become a full Mizan Practitioner you will need to complete the training:

- Submitting twelve case studies within 16 weeks of finishing the course
- Attending an assessment within 26 weeks

On successful completion you will be awarded a certificate of completion stating that you are a qualified Mizan Practitioner and can choose to be included on the Mizan Practitioner listing on the website.

## What is the course like?

There's an article describing the ethos of Mizan practitioner training [here](#).

If you have any queries, or would like more information about Mizan practitioner training, please email [info@mizantherapy.com](mailto:info@mizantherapy.com).

## Programme for the week

### Saturday 11th : Arrival

Try to arrive in Marrakesh by 5pm at the latest. This will give you a bit of time to rest before dinner, which we will eat together at the riad so we can get acquainted. You can of course arrive earlier and do a bit of sight seeing. If you'd like transfer to the riad from the airport please let us know a few days in advance so that it can be arranged for you.

### Sunday 12th : Free day for seeing something of Marrakech

We thought you'd like to have a free day after your travelling. After breakfast, take a wander around Marrakech, see some of the sights. Riad Argan is very well situated and there's lots to do just a short walk away.

### Monday 13th - Friday 17th : Practitioner training

Monday to Thursday all our meals will be taken together, on Friday the last group meal is lunch. We have arranged a nourishing and delicious menu of Moroccan food, all vegetarian.

We start each day with a guided visualisation, followed by self massage as a group. There will be regular circles, learning the Mizan techniques and lots of practicing the massage on each other. We will finish each day leaving some time to refresh before dinner.

After dinner, your time will be your own. There's a plunge pool at the riad, there are hammams nearby, explore the Medina or simply chill on the roof terrace.

On Thursday afternoon there is an assessment of your techniques to make sure you are safe to practice after you leave. Friday morning we go through all the logistics and finish with lunch. You will then be free for the rest of the day to explore, eat out, buy gifts.....

### Saturday 18th : Departure

It's time to head home after breakfast. You can of course make a personal booking and extend your stay in Marrakech. There is a lot to see and do here, not only in the city but also trips to the Atlas Mountains, the desert, Toudra gorge, the coast..... you name it, Marrakech can probably offer it.



Where you'll be staying

Marhaban. Welcome. You'll be staying at the Riad Argan, Marrakech. To find out more, this is the website: <https://www.riadargan.com>

Because everyone will be travelling from other countries, I've book the riad for the whole week. This means you can have a rest before starting the training and there's some time after the training. If you would like to extend your visit beyond the dates of the training, contact the riad directly. Be aware that February is high season, and accommodation gets booked up quickly.

As you'll have some free time outside the training itself, you might like to know some interesting places to visit not a million miles from Riad Argan. These are just a few ideas, you'll find lots more if you do a bit of research.

Place Jmaa el Fna: Loads going on here: stalls selling food, clothes, rugs, bags, pottery, there are men with snakes, with monkeys, there are women doing henna, you can take a horse and carriage, there really is too much to mention.

If it's shopping you're after, there are souks, markets and stalls all around

Museums: Lots of museums: Musée Tiskiwin, Musée Dar Si Said, Moroccan Culinary Arts Museum, Musée Boucharouite, Berber Museum (in the Jardin Majorelle), Photography museum.....

Places of interest: Slat Al Azama Synagogue and Jewish cemetery, Palais de la Bahia, El Badi palace, Jardin Majorelle, Ben Youssef Madrasa, the leather works, Saadian tombs.

Islamic interest: The Koutubia mosque, The seven saint of Marrakech: <https://www.sacredfootsteps.org/2015/05/16/untold-marrakesh-the-seven-saints/>