



## Welcome to the first Moon Mother® Training in Scotland

Saturday 11<sup>th</sup> and Sunday 12<sup>th</sup> May 2019

Dear soon to be Moon Mother,

We are delighted to welcome you to your Moon Mother® Training. This is the first time we have hosted Miranda Gray in Scotland and we are excited to be in the beautiful city of Edinburgh.

At the last Worldwide Womb Blessing almost 200,000 women from over 150 countries took part. The Divine Feminine energies are needed in the world now more than ever. Women are crying out to connect once again to the sacred feminine, both around them and within their bodies.

There is a great need for Moon Mothers to help women restore their connection to the divine feminine, thereby healing and nurturing them. A strong connection to our femininity keeps us confident in our physicality, sexuality, spirituality and creativity, free from guilt, pain and invalidation. Thank you for hearing that call.

We hope we have given you much information below for you to plan your trip to Edinburgh. Any additional queries, please contact us.

Heidi and Adeola  
UK Coordination Team

Heidi – [heidi.wyldewood@gmail.com](mailto:heidi.wyldewood@gmail.com)

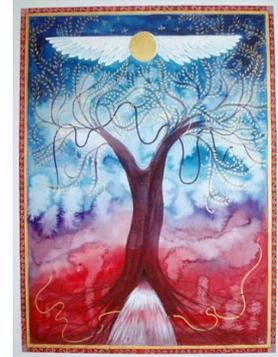
Adeola - [adeolasheehy@hotmail.com](mailto:adeolasheehy@hotmail.com)

## Womb Blessing® 2-day Certificated Training Workshop

Deposit to secure your place - £150

Early bird price if all paid before 28<sup>th</sup> February - £270

Full price if all paid on or after 1<sup>st</sup> March - £300



The training will:

- connect you to the Womb Blessing® energy through the Moon Mother® initiation
- teach you to how to give the Womb Blessing® attunement
- share the spirituality behind the Womb Blessing® meditation
- explain when to give a Womb Blessing® attunement and some of the effects of the Blessing
- show a simple self-healing technique
- teach you how to give a supporting Womb Healing
- encourage you to host Worldwide Womb Blessing Circles and offer the Cauldron Energiser

At the end of the workshop you will be a registered Moon Mother® and be able to give Womb Healings and Womb Blessing® attunements. The course is certificated and there is an accompanying manual. The training is in English, but please let us know if you require a manual in a different language.

Working with the Womb Blessing® energies changes us and changes our lives. Being a Moon Mother® is a path for bringing the spiritual energies of the Divine Feminine into everyday life and connecting women in a single, loving, spiritual, and female family.

The Moon Mother® initiation is a gift of Divine Feminine healing energies, making you a channel for these vibrations and helping you to cleanse and clear your own patterns. You will learn a simple hands-on Womb Healing sequence to help women to gently heal their femininity and their womb energy centre or 'Sacred Grail'.

You will also be taught how to give the Womb Blessing® attunement to women. This attunement is for all women, whether they have a menstrual cycle or not, and whether they have a uterus or not. Each time a woman receives the Womb Blessing attunement, her healing and the connection to the sacred feminine energies within her deepens. She will also be able to access the energy for her own personal healing and development.

Each Womb Blessing® attunement is a powerful gift of healing and awakening. You may use the Womb Blessing as part of your healing therapies, as part of your spiritual path or simply to help women. Womb Blessings® can be offered at Moon Lodges or Red Tents, they can help women through transitions and changes in their lives, and they can be a way to celebrate and acknowledge first menses, marriage, motherhood, and menopause.

**You will need to bring with you:**

- The two bowls you use for the Worldwide Womb Blessings - (to contain the Light of the Blessing and the Waters of the Living Grail). Candles and spring water will be provided.
- A shawl or large headscarf
- Although all will be in the manual, some of you may like to bring additional note making materials
- Something for the altar – you can take them home again afterwards
- A blanket and cushion. The centre has mats, but feel free to bring your yoga mat for extra comfort.

**Payment:**

**£150 Deposit**

**£270 early bird if paid in full by 28th February**

**£300 full price if payments are completed on or after 1st March**

Payments need to be paid directly to

Name: Ms H Wyldewood  
Bank: HSBC  
Sort code: 40-44-25  
Account No: 61562428  
BIC: HBUKGB4156A  
IBAN: GB40HBUK40442561562428  
Reference: MM1ED + your name

You can also pay via PayPal to [heidi@barefoot-heartson.com](mailto:heidi@barefoot-heartson.com) . This will incur additional fees, so please pay accordingly.

£300 = £310.77

£270 = £279.71

£150.00 = £155.49

Please send Heidi a message or email to let her know you have paid your deposit and whether you are paying in full by February 28<sup>th</sup> or after.

## Venue:

Healthy Life Centre,

35- 37 Bread Street

Edinburgh

EH3 9AL

This is the link from the venue on how to get there

<https://www.healthylifecentreedinburgh.com/contact--location.html>

There are Car Parks on Riego Street (recommended) and Castle Terrace.

Pay and display parking will be expensive, but there is some available right outside on Bread St. as well as on Spittal Street, Grindlay Street and Castle Terrace.

Edinburgh Castle is only a ten minute walk from the venue, and the city centre with shops, restaurants, parks, museums and galleries are only a fifteen minute walk away.

## Travel:

- 20 minute drive from Edinburgh Airport
- 12 minute walk from Edinburgh Haymarket Railway Station
- 25 minute walk from Edinburgh Bus Station
- The numbers 10, 11 and 16 buses go regularly from the Bus Station to York Place just round the corner from Bread Street



## Accommodation

It is up to you to make your own personal arrangements for accommodation and this is not included in the cost of the training. We can only make suggestions regarding accommodation not personal recommendations.

- **Airbnb** – various places near the venue
- **Premier Inn Edinburgh** - Torphichen St, Edinburgh EH3 8JB - Phone: 0131 357 4516  
4.6 Stars
- **Haymarket Hub Hotel** 7 Clifton Terrace, Edinburgh EH12 5DR – Phone: 0131 347 9700  
3.8 Stars
- **Piries Hotel** - 8 Coates Gardens, Edinburgh EH12 5LB - Phone: 0131 337 1108      3.5 Stars

## Facebook Group:

Moon Mother Level 1 Edinburgh Scotland May 2019

<https://www.facebook.com/groups/502514493490260/>

Please request to join. This group is for you to connect with other women doing this workshop and possibly arranging lifts or travel share, and accommodations shares if you would like. You can also use it to ask us questions.

## Food and Refreshments:

Drinks and nibbles are provided during the training.

Your lunch is not included with the cost of the training. We will however book somewhere for us to eat on the Saturday as it is important that we stay close to the venue and as a group on initiation day. We are looking at what space is in the venue for those who wish to bring their own lunches.

On the Sunday there are many eateries within 1 to 10 minutes walk of the venue. We will make a list available nearer the time.