

## The STREAM SELF-STUDY COURSE

**STREAM TRAINING** is hands-on therapy and embodied education to remediate pelvic scar tissue. It's designed for both personal growth and professional training. The content is focused on what you need to know to work with scar tissue hands-on and hands-in the pelvic floor - yours or someone else's. STREAM also explains why scars won't resolve, and what can be done to correct that situation. There are two ways to engage STREAM material:

- **STREAM SELF-STUDY COURSE**
- **STREAM MENTORSHIP PROGRAM ONLINE with ELLEN HEED**

**Q: Why enroll in STREAM SELF-STUDY?** A: For personal growth & learning.

**Who is it for?** For self-starters, learn on your own time online - self-paced, without supervision. For students engaging self-paced coursework in 2020, these course materials will roll out once every few weeks over the course a full year, from Oct 2020 to Oct 2021. Open to everyone interested in learning about scar tissue in the pelvic floor for their own personal enrichment.

Those not accepted into the first round of STREAM MENTORSHIP PROGRAM ONLINE will be waitlisted. You have the option to sign up for STREAM SELF-STUDY COURSE if you want to pursue this material on your own.

### IMPORTANT DATES FOR MODULE RELEASE BELOW:

<b>Module 1: MAPPING &amp; the SHAME MATRIX</b>	<b>Oct 18, 2020 thru Jan 31, 2021</b>
▪ Chapter 1 Nervous System	Oct 18-Nov 7
▪ Chapter 2 Social Engagement	Nov 8 - Dec 6
▪ Chapter 3 External Genital Mapping	Dec 7 - Jan 3
▪ Chapter 4 Internal Mapping	Jan 4 - Jan 31
<b>Module 2: ASSESSING THE PELVIS WITH TOUCH</b>	<b>Feb 1 thru April 25</b>
▪ Chapter 1 The Biomechanical Pelvis	Feb 1 – Feb 21
▪ Chapter 2 The Biochemical Pelvis	Feb 22 – Mar 14
▪ Chapter 3 The Emotional Pelvis	Mar 15 – Apr 4
▪ Chapter 4 Scar Tissue in the Pelvis	Apr 5 – Apr 25
<b>Module 3: WORKING W/SCARS, TRAUMA, &amp; SHAME</b>	<b>Apr 26 thru July 18</b>
▪ Chapter 1 Self-Regulation	Apr 26 – May 15
▪ Chapter 2 Tracking Your Client	May 16 - June 5
▪ Chapter 3 External Mapping: Hands-on	June 6 – June 26
▪ Chapter 4 Internal Mapping: Hands-In	June 27 - July 18
<b>Module 4: WALKING the WALK of PELVIC HEALTH</b>	<b>July 19 thru Oct 17</b>
▪ Chapter 1 Prolapse, Hernias, & Pelvic Alignment	July 19 - Aug 8
▪ Chapter 2 Guts, Glory, Gallbladder, & Liver	Aug 9 – Aug 29
▪ Chapter 3 Where's Your Pleasure? Map It!	Aug 30 – Sep 25
▪ Chapter 4 Scar Remediation, Active & Passive	Sep 26 – Oct 17

## **STREAM SELF-STUDY COURSE**

**TO ENROLL:** Register and make the first payment for your STREAM course. You will be charged monthly. You will receive each module and its chapters according to the schedule outlined above.

### **COST: STREAM SELF-STUDY MODULE - buy a single module:**

Go to our [Module 1 Purchase Page](#). The cost of a single module is \$800.00, payable in full at time of purchase. Access to single STREAM Modules is good for 1 year from date of purchase.

### **COST: STREAM SELF-STUDY COURSE - buy the whole course**

Go to our STREAM Self-Study Course All Modules Purchase Page, which opens for enrollment Sept 23<sup>rd</sup>. The cost of the entire STREAM SELF-STUDY course is \$2880, payable in 12 monthly payments of \$240. You'll get access to all course material until Oct 2022. You will lose access to the course if you miss a payment.

During the first year of the STREAM SELF-STUDY COURSE Modules will be released as per the schedule on the landing page and no sooner. Once each module is released, students may purchase access to these modules at any time.