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Good evening. My name is Tamu Lane and I want to welcome you to Healing Wounds Training Academy. I'm so excited to have you to be a part of this. So this is my welcoming message to you. I'm so glad that you decided to sign up for Restorative Healing. Um, this master class is going to be amazing. Talk about many topics, domestic violence, sexual abuse, child sexual abuse, um, eating disorders, suicide, grief and loss, anger. And whether this is something that you experienced yourself or you just joined for educational purposes. Um, I will guarantee that it will be an experience, a great learning experience, and hopefully if it's something that you're dealing with, it would be a great healing experience. Through this process there are things that you would have to do yourself, um, different handouts. You will have the opportunity to stay connected to me through email, uh, which I have listed all through the masterclass.

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So I just welcome you, welcome, you welcome you. I hope that you get what you need from this course and like I said, if you have any questions, please reach out to me. I'm more than happy to, um, return your email and answer the questions as need be. Throughout the course there are seven lessons and then there's a tool section where I do some videos around meditation, short videos around yoga, and, but also through the course, there are nine videos where through each section I talk about my journey through each one of these topics. Other than trauma, I don't have a video for trauma. I just talk about it and what trauma is and how it affects us in this world that we live in today. So once again, thank you for signing up and I'll see you soon. Take care.