**Medical disclaimer:** whilst Lauren D’Silva believes her Sacred Vessel approach to be safe and supportive for most women it may not be suitable for you if you have an eating disorder or another underlying health issue. Please note Lauren is not medically trained. Consult your doctor before registering to discuss whether the course is appropriate for you. Lauren D’Silva and Touchstones Therapies Limited cannot take any responsibility for your health and well-being during or after this course.