

Hosted by *Mind Body Soulstice* in collaboration with *The Birthworkers of Color Collective* for Black Maternal Health Week

Ancestral & Somatic Liberatory Practices

April 11, 2026

10am-12:00 p.m

at Detroit Ink Spot

15925 W McNichols Rd, Detroit, MI 48235



MIND BODY SOULSTICE



Birthworkers of Color
Collective



Guided by:

Miniya Nefertari, M.S. Doula

Founder & Facilitator, Mind Body Soulstice

Join us for an interactive
workshop learning about
ancestrally led somatic exercises
and movements to support
birthing people

Please feel free to bring an offering for our shared altar

This in-person event created for birthworkers,
birthing people, maternal health advocates,
and community members interested in
supporting birthing people. All ages welcome!

Donations are encouraged.

Sliding scale \$15-25.

Please RSVP by April 7th!



register: tinyurl.com/soulsticesomatics