

Ancestral & Somatic Liberatory Practices

April 11, 2026
10am-12:00 p.m.
at Detroit Ink Spot
15925 W McNichols Rd, Detroit, MI 48235



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 advocate, and community members interested in supporting birthing people. All ages welcome! Donations are encouraged.

Sliding scale \$15-25.
Please RSVP by April 7th!

