



**THURSDAYS
6-7 PM EST VIA ZOOM**



The **BIRTHWRITE** *Initiative*



Birthwrite is a collaborative workshop series that centers connecting with your body through narrative expression and movement. This program can be used to prepare for labor and/or postpartum healing.

Requirements:

This workshop series is open to:

- People who identify as BIPOC birthing people
- Currently pregnant and/or postpartum*
- Open-minded, community oriented individuals looking forward to connecting with like-minded folks

This is a **FREE, bi-weekly**, interactive **program** currently **accepting new cohort members**. We host both in-person and remote participation options

*At Birthwrite, postpartum is defined as the three (3) years following any pregnancy, inclusive of all pregnancy outcomes, including those that did not result in a live birth



Hosted by:

Miniya Williams,
Founder & Facilitator, The Birthwrite Initiative
Learn more at www.mindbodysoulstice.com

What You Will Receive:

- Free Somatic Narrative Medicine Workshops
- Guided Reflective Writing Sessions
- Ancestral Movement Practices
- Community-centered embodiment work
- An In-person Community Gathering (food provided)
- Ancestral Foods and Plant Medicine

Register HERE

Questions?

mibirthwrite@gmail.com