



Pre-birth and Birth Healing Workshop with Mia Kalef

Agreements:

Your presence in the workshop is integral to the whole. Much of the work we will do arises out of our shared field of history, experience, imprints, and gifts. For this reason, you are asked to commit to the following upon agreeing to attend the pre-birth and birth therapy workshop. For the sake of each participant, the facilitator and of course for your self, please look over each request carefully. If you can agree to each request, then please indicate so at the bottom of this sheet with your signature and the date:

- * I agree I will attend all sessions of the workshop and I'm aware that end times each day may vary. I will do my best to **not** make plans during the evenings to allow the process work to unfold naturally.
- * I agree to not consume any alcohol 24 hours before the workshop begins and for its duration until it ends.
- * I commit to not using amphetamines, cocaine, or other stimulants at least three days before the workshop, as well as marijuana, hashish, mushrooms, MDMA, or LSD.
- * I will let the facilitator know if I am on prescription medications when I submit my registration form.
- * I will refrain from smoking all forms of tobacco during the workshop.
- * I understand that my emotional and physical health are my responsibility and will alert the facilitator of any health concerns I have prior to the workshop commencing.
- * I understand my ongoing care once the workshop is over is my responsibility and will commit to resourcing myself with my chosen health care professionals should I wish it.
- * I understand that the pre-birth and birth healing workshop is an adjunct, rather than a replacement for the services of my GP, psychologist, counselor, psychiatrist, or other healers.

Signature: _____

Date: _____