

**+ Prebirth and
Birth Healing
Workshop**

**with
Mia Kalef, DC**



At A Glance:

- Wed pm** 7-10pm
Check-In
Introduction to
Workshop Principles
- Thur** 9am start
Participant Session
Break and Debrief
Lunch
Participant Session
Debrief- 6/7pm Finish
- Fri** 9am Start
Participant Session
Break and Debrief
Lunch
Participant Session
Debrief- 6/7pm Finish
- Sat** 9am Start
Participant Session
Break and Debrief
Lunch
Participant Session
Debrief-6/7pm Finish
- Sun** 9am Start
Discussion of closing
Participant Session
Debrief
Closing-3/4pm



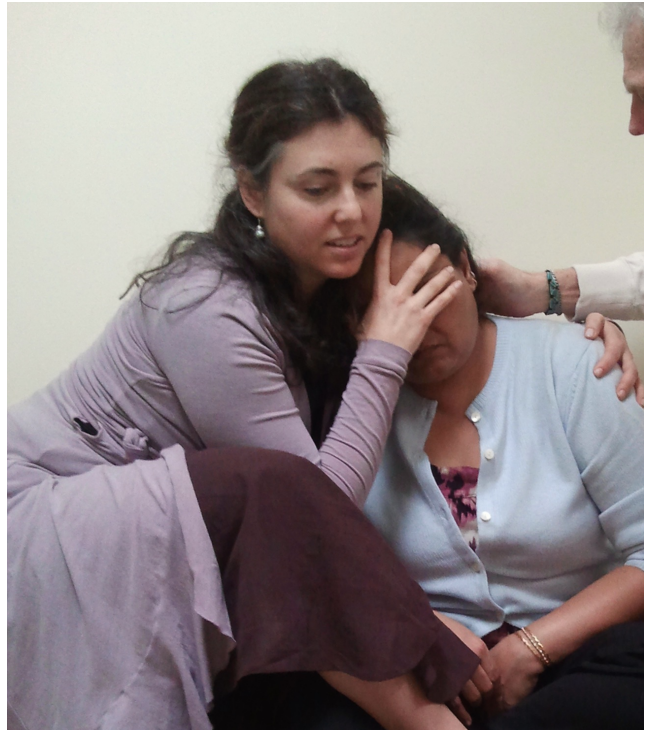
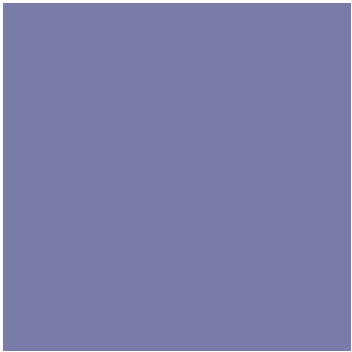
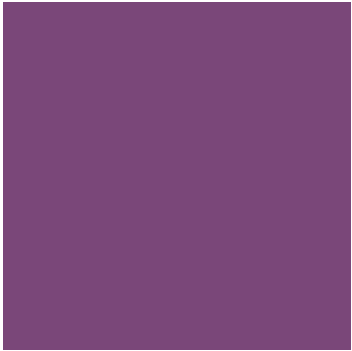
**“Trust
Yourself and
You Will
Know How to
Live.”
Goethe**

What People Are Saying

“This was a life-changing workshop. The safety in the room, created by Mia, allowed me to look at things in a way I’ve never been able to do.” LB

“The safety, trust, and willingness of the participants was awe-inspiring, the depth of this workshop was guided with the highest integrity by Mia and led to profound and life-changing work.” SB

“Mia has a calm and steady manner that creates trust and safety; she also has a warm and gentle sense of humour and playfulness that enables the work to be deep without being ‘heavy’. I can honestly say I have never witnessed such a skillful or graceful group facilitator” SA



+ Following The Tide

Many people don't realize the last 80 years of scientific research shows that we remember our experiences from the inside the womb

and that human behavior and health is largely derived by the quality of these early experiences. If society were to fully accept these findings, how could we, as adults and as societies, behave so to best invite and nurture babies, even before they are conceived?

What can we do for ourselves, now, as adults, to recover what we may have missed?

Leading-edge scientists, therapists, and parents have been exploring the answers to these questions for decades and have now developed techniques, essentially deeply humanistic ways of being that

naturally support early development.

These techniques are now available through experiences like **The Hearing Our Song Prebirth and Birth Healing** Workshop.

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People come to the Hearing Our Song Prebirth and Birth Healing Workshop for different reasons. They could be physical, like, “I always have a sore neck”. Or they could be relational; “I cannot seem to get comfortable with conflict, or trust intimacy”. They can also be existential, “I’ve never felt like I belong here. I don’t know where I fit in.”

After twenty years of working with patients, I’ve discovered that our challenges are signposts for our souls. In other words, where we suffer is the most important place to give attention, curiosity, and love to.

When you come to the Prebirth and Birth Healing Workshop, that is what you’ll do.

Mia will facilitate seven people at a time over one night and four days.

Each person will have a turn (a session) that lasts anywhere from one and a half to three hours during which Mia facilitates the others in the group to meet you in the perfect way at each moment.

Your session starts as a conversation that gradually approaches the roots of

what may have contributed to how you feel and live today. It is very common that the work takes you to memories from a time around conception, throughout gestation, or during birth, and just after, or it can come another time.

There is no agenda for how your session should go. Rather, it is a process guided by you, your body, and the places in you that know how you want to evolve.

There are lots of breaks, and easy ways to stay relaxed throughout the workshop even while your group is working with very deep content.

You can think of the workshop as a place that models the dynamics of a healthy family...a family that knows how to invite, respect, and contend lovingly with hurts or conflicts its members experience.

Some people experience immediate shifts in their home and work life, and Even deeper shifts occur over the following nine months to a year.



Your unique challenges reveal your greatest gifts...

Exploring what hurts or your “shadow” sometimes reveals a very vulnerable and wise being, who because you were so young, couldn’t make change. But maybe the door to freedom never closed. Maybe it’s just been waiting for the right time and the right circumstances for you to recognize it enough to walk through.

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**It Can All
Be Done
Through
Love**

“This workshop has remixed and expanded my sense of what is me. Mia’s workshop dilated my experience of the subtle and the powerful, in both my internal processes, and those between myself and others. I realized that the rote numbness I experience day to day is in part an effect of the current pace of my life, where sensations blur into confusion, where it’s easier to overlook what I am really feeling and just carry on. In this workshop, I had the opportunity to experience what I have been missing: the time to feel, the crawl over the bumps of sensation and honour their birth, life and passage. In Mia I saw an inspired being who, in her work, has no personal agenda but to help others find the source of their suffering, and to gently help them heal. With a non-dogmatic, grounded, informed and compassionate approach, she helped me look at past situations and currents in my history that have lead me to the blocks I circumvent. Through the group process, being witnessed and received, I feel the courage to dissolve my blocks and become whole. I highly recommend this workshop to anyone who seeks to find the courage to live with tenderness for themselves and others.” KM, Participant

“My work with Mia in general, and her workshop in particular, has been truly transformative. The depth of her knowledge, her ability to skillfully convey the potency of this work, and her ability to delicately weave theory in with the somatic experience is just so remarkable. The safety, trust, presence and willingness of the participants was awe-inspiring, and the depth of this container so integral to the process, guided with the highest integrity by Mia throughout our time together led to profound and life-changing work.” SB, Participant

“I am fascinated by this body of work, and am amazed at the results within myself. It was a profoundly deep experience, during which I was so safely held by the container of the group, the practices, and the amazing facilitation. I am left with a sense of grief that I hadn’t started this work before I became a parent myself, but am left feeling deeply blessed that I had the opportunity to do so now. I was moved more than once during the work at the depth of attunement and sensitivity that she has. She was so brilliantly able to zero right into the place, through gesture or sentiment that each participant was calling forth. She creates such a sense of safety and comfort, and then really holds each group member so dearly to safely and efficiently move through the work. It was not only valuable for me to do the work and be privy to the work of each participant, but to have Mia as such an exquisite model of the principles to really help me “get” how this work is so powerful. So thankful.” CB, Participant

Cost: \$750 per person
Request Your Application at:
www.miakalef.com

Mia will travel to work with your
community, contact her at
www.miakalef.com to arrange.

Growing
Ever More
Human



The Song of The Spirit

There is a tribe in East Africa who counts the birthdate of a child, not from the day he or she is born, or even conceived, but from the very first time they are a thought in their mother's mind. Aware of the father she wishes to conceive with, she goes and sits under a tree, until she can hear the song of that child.

She returns to the village and teaches it to the father, so they can sing it together while they make love. She teaches it to the Midwives and Elders of the village, so at the miraculous moment of birth, they can sing the child its song.

The song is sung in times of triumph and times of trouble, it's even sung during the marriage ceremony when the child is grown.

And at the end of life, when villagers gather around the deathbed, the song is sung for the last time.