

# Closing the Bones

## PHILOSOPHY

During pregnancy and birth we offer and open our whole self—body, mind, heart and spirit—to grow and birth our child.

"Closing the Bones" is a beautiful tradition that warms, heals, aligns, thanks and grounds the body, mind, heart and soul that brought life into the world. It is a way to tend, mend and renew yourself as a mother and person after the rending transition of birth.

Closing the Bones is usually a private ritual offered by a midwife or doula to a woman one-on-one, but you may also wish to invite another friend who was special to your birth journey, or share it with a small circle. It can take place at your home (perhaps in the room you birthed?), at my home, or another place of your choice. It can also be adapted to include additional aspects of your birth/births, mothering and life that feel important to acknowledge.

The ceremony is often done during or at the end of the fourth trimester (12 weeks postpartum), but can be had at any time after the birth of a child or children, or to honour and heal from a loss, no matter how long ago. It can be a wonderful way for peri or post-menopausal women to bring themselves back to themselves as they enter the power of their wise women years.



## Closing the Bones Ceremony

Be held, healed & renewed.

A private ritual to close your birthing rite of passage with warmth, massage, energy healing & traditional rebozo wrapping.

\$280 / 2-3 hours

GIFT CERTIFICATES AVAILABLE

EMAIL TO BOOK  
jenna@soula.nz