

In Grace Yoga

BEREAVEMENT
DOULA/DEATH DOULA

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TRAUMA-SENSITIVE RESTORATIVE HEALTH + WELLNESS

BEREAVEMENT DOULA

Session 1: Womb Reiki Opening Ceremony & Consultation (120 mins)

Session 2: Sacred Baby Release Ceremony (120 mins)

Session 3: Closing of the Bones Ceremony

Session 4: 30 Minute Follow Up Call

Session 1: Womb Reiki Opening Ceremony & Consultation

Womb Reiki is a transformative practice that harnesses the universal life force energy to foster profound healing within the womb space. This sacred modality offers a myriad of benefits for womb healing, including:

- 1. Energetic Clearing:** Womb Reiki gently clears stagnant energy, promoting a balanced flow within the womb. This release aids in dissolving emotional blockages and past traumas, fostering a harmonious energetic environment.
- 2. Holistic Nourishment:** The healing touch of Womb Reiki serves as a gentle embrace, offering holistic nourishment to the physical, emotional, and spiritual dimensions of the womb. This nurturing energy facilitates overall well-being.
- 3. Emotional Release:** Womb Reiki provides a safe space for the release of stored emotions, allowing for emotional healing and restoration. It encourages a profound sense of emotional freedom and empowerment.
- 4. Balancing Hormones:** The harmonizing energy of Womb Reiki may contribute to the balancing of hormonal activities within the womb, supporting menstrual health and overall reproductive well-being.
- 5. Fertility Support:** For those on the journey to conception, Womb Reiki can create a supportive and fertile environment by promoting balance and harmony within the reproductive system.
- 6. Postpartum Healing:** Womb Reiki offers gentle support for postpartum recovery, aiding in the restoration of energy, emotional balance, and overall womb wellness after child birth or child loss.



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Session 2: Sacred Baby Release & Baby Burial (Sweetwater Park, Atlanta Georgia) | DAY 2

During the ceremony, participants are invited to bring forth sacred baby items, symbolic representations of the loss or trauma they have experienced. These items may include ultrasound pictures, baby clothes, letters, or any other mementos that hold deep personal significance. With utmost reverence and respect, these sacred baby items are ceremoniously buried in a designated space, symbolizing the act of releasing and letting go.

As the items are laid to rest, a profound moment of intention is created. Participants are encouraged to connect with their emotions, expressing their grief, pain, or other feelings that may arise. This cathartic release allows for a deep emotional and energetic clearing within the womb space, creating a fertile ground for healing to take root.

After the burial, a beautiful and resilient plant or seed is planted in the very spot where the sacred baby items were laid to rest. This act represents the transference of energy and the birth of new beginnings. The growth and vitality of the plant symbolize the strength and resilience of the womb, signaling a renewed sense of hope, regeneration, and transformation.



TRAUMA-SENSITIVE RESTORATIVE HEALTH + WELLNESS BEREAVEMENT DOULA | CLOSING OF THE BONES

A "Closing of the Bones" ceremony is a deeply profound and sacred ritual rooted in various cultural traditions, notably practiced in postpartum care across many cultures. It's a ceremonial gathering that honors the physical, emotional, and spiritual journey of a person—usually a woman—after childbirth, though it can also serve as a powerful ritual for any major life transition or healing.

The ceremony typically takes place in a serene and nurturing space, often facilitated by experienced practitioners or traditional healers who guide and hold space for the participant(s). The setting is adorned with symbolic elements, such as candles, flowers, sacred herbs, or meaningful objects representing the journey of life, rebirth, and connection.

The ceremony begins with an invocation or blessing, setting the intention for healing, renewal, and closure. Participants are invited to center themselves through meditation, deep breathing, or grounding exercises to foster a sense of inner peace and receptivity.

Central to the Closing of the Bones is the use of a rebozo—a traditional shawl or cloth—symbolizing support, protection, and the nurturing embrace of community. The practitioner gently wraps the rebozo around the person, creating a series of gentle, rhythmic movements and wraps that honor the pelvic area, lower back, hips, and abdomen. This ritual symbolizes the closure of the energetic pathways, offering support in physically and emotionally integrating the experiences of childbirth or transitions.

Throughout the ceremony, prayers, chants, or affirmations may be shared, accompanied by soothing music or the gentle sound of rattles, drums, or singing bowls, amplifying the healing vibrations and intentions.

As the ritual concludes, there's often a moment of silence or guided reflection for the participant to absorb the energies and sensations evoked during the ceremony. Closing blessings and words of gratitude are offered, honoring the journey of healing and transformation.

The Closing of the Bones ceremony encapsulates a profound acknowledgment of the physical, emotional, and spiritual changes experienced, aiming to provide closure, support, and a renewed sense of strength and connection. Participants often leave feeling empowered, emotionally uplifted, and deeply supported in their healing journey.