

MIREA MAMA RITUALS

Support Program for Expecting Mothers



At MIREA Rituals, we have carefully designed a program dedicated to pregnant women, so that during this special time they feel safe, strong, and supported.

Our Mama Rituals program combines gentle, functional exercises for pregnant women guided by an experienced midwife, along with specialized prenatal massages that help relieve tension, fatigue, and swelling—supporting both emotional and physical balance.

Program Goals



MAINTAINING
STRENGTH AND
FLEXIBILITY



REDUCING
DISCOMFORT AND
STRESS



PREPARING THE
BODY AND MIND
FOR BIRTH



EMOTIONAL SUPPORT
AND A SENSE OF
SECURITY



Calm your mind. Release your body. Return to yourself.

WHAT THE PROGRAM INCLUDES:

- Group classes (up to 8 participants) or individual sessions, adapted to each trimester of pregnancy
- Professional guidance by an experienced midwife with years of expertise in prenatal care
- Prenatal massages focused on relaxation, improved circulation, and relief from pressure in the lower back and legs
- A warm and safe space for sharing experiences and connecting with other expecting mothers

PACKAGE PRICES & SCHEDULES:

- Group class (up to 8 participants): 30 KM (duration 60 minutes)
- Individual session: 50 KM (duration 60 minutes)
- Prenatal massage: 40 KM (duration 45 minutes)