



Natul Ramirez Middlebrook

I help women in midlife transitions bridge the sacred and the practical-to reclaim purpose, peace and presence.

**Your story isn't falling apart, it's coming together.
Let's launch you into the life you were created to live.**

Every event blends storytelling, embodied practice, and practical-spiritual teaching designed to help you grow from the inside out.

6-Month 2026 Events Calendar for



All gatherings take place in my **Montgomery farmhouse** and are led by me unless otherwise noted.

To reserve your spot:

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- 1 Complete payment through Venmo /PayPal/Zelle (see fees on next page)
 - 2 Email me at natulmiddlebrook@gmail.com to confirm your event/date.
 - 3 You will receive an email from me with details for your event. **See you there!**



zelle

www.natulmiddlebrook.com



PayPal

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Saturday, January 17th

Needs & Values Workshop: Learn to Identify your Core Needs so you can live into your God-given values.
9:00 am - 2:00 pm Lunch Provided (\$75)

Saturday, January 30th

A Conversation on Wholeness, Embodiment and Spirit-Informed Mental Wellness
(For Practitioners & Like-Minded Thought Leaders)
*invitation only (free)

Thursday, February 19th

The Spacious Soul: A Holy-Spirit Led Workshop on Breath & Nervous System Grounding.
9:00 am - 2:00 pm Lunch Provided (\$75)

Thursday, March 5th

Tara Hutton, adoptive mom and host of Mama's Well Podcast will be teaching us how to parent our children while we learn to reparent ourselves.
9:00 am - 2:00 pm Lunch Provided (\$75)

Friday, April 10 - Sunday, April 12

Restory 3-Day Retreat: A Christ-centered retreat inviting women to reclaim their shadowed parts, rediscover wholeness, and reconnect with God through spiritual and embodied practices.
(\$575, early bird registration: \$525 if signed up before February 1.)

Friday, June 5th

Catch Up Over Coffee & Cake. Gathering for Women who've attended an event or who are interested in what these events have to offer. 9-11 am Location TBD.

