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3-HUES

One Tribe – Miami’s Epicenter For Motherhood



You seek two things when you're pregnant: to experience a healthy pregnancy, and to do so alongside women embarking on the same journey as you – a tribe.

So, when **One Tribe**, a wellness center for expectant and postpartum moms, opened its doors in Miami in 2023, it was clear that this would be a safe space for motherhood.

This **woman-led sanctuary** inspires stable support for new moms, pre and post-labor. An experience that is often fragmented. Founding partner, Michele Conigliaro-Lenahan explains that “Finding maternal-specific treatments and support requires referrals, multiple facilities, and significant time and resources,” and One Tribe has become the epicenter for every mother’s needs.

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The need for an empowering space like this derives from the lack of support new moms experience during this journey. The transition to motherhood can be a very intimidating experience, especially if you have to embark on that journey alone. But “alone” doesn’t exist at One Tribe, “community” does.

Stepping into One Tribe feels like a holistic and educational retreat. With a tranquil sense of calmness overcoming you the moment you walk through the doors. The Edgewater center houses a feminine energy serving as a place to recharge, rebirth, and renew.

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The one-stop-shop is home to a **wide variety of specific classes** tailored around movement. Strengthening classes like Momstrong Pre & Postnatal Fitness, and Balanced Core & Pelvic Floor, assist moms in preparing their body for birth. For those who plan to have a natural labor, experts encourage them to take the delivery prep class.

This class **increases flexibility and mobility** by strengthening pelvic floor muscles to help prep for delivery. Moms can expect to learn expert-advised pushing strategies for a successful natural birth.

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The empowering space also offers 1:1 appointments, where the focus lies on the supporting care of the new mom. Treatments such as Acupuncture, Sleep Support, and Lactation Consultations, aid in preparing expectant moms for their transitional journey.

One Tribe understands that there's more than one way to give birth, so they've made a concerted effort to create specific treatments.

For those who've had a C-section, the center offers a scar tissue treatment. Using a combination of modalities, the technicians use tools such as Kinesio Tape, Laser DMC Therapy, EC Biostimulation. This remedy encourages a faster recovery.

“Social support is an essential component for the physical and emotional well-being of mothers following childbirth.”