

Reconnecting Through Voice: Transformative Programs for Healing and Growth

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The well-being of children depends on the well-being of the adults around them. Dr. Nathan Riley, a home birth doctor, holistic gynecologist, and founder of Beloved Holistics and the Born Free Method, and Maryn Azoff, a vocal transformation practitioner, have combined their unique backgrounds to offer a program to help participants reclaim their voices, stabilize their nervous systems, and foster healing for themselves and future generations. Their shared mission is to empower individuals and families to heal themselves and create environments of safety and connection.

Dr. Riley's experiences as an OBGYN and father of two have influenced his approach to health and well-being. Maryn brings her extensive knowledge of vocal practices, emphasizing the human voice as a tool for emotional regulation and personal transformation. Their methods foster nervous system regulation, emotional resilience, and intergenerational healing, helping participants reclaim their voices and create environments of safety and connection. Their programs are particularly impactful for parents and families seeking to break cycles of trauma and build healthier relationships.

The Power of Vocal Transformation

Maryn highlights the connection between vocal expression and overall health. From birth, every individual is equipped with a voice capable of creating profound internal and external changes. However, societal pressures often lead to the suppression of this tool, contributing to challenges such as anxiety, disconnection, and unresolved trauma.

The vocal transformation practice incorporates ancient chanting and tone-making techniques that stabilize the nervous system and address generational trauma embedded in cellular memory. This work allows parents to reset patterns, helping raise children free from inherited emotional burdens.

The Importance of Nervous System Regulation

Central to the programs is the concept of co-regulation. Babies and children instinctively respond to the emotional states of their caregivers. When parents feel calm and grounded, they create an environment where children can thrive. Dr. Riley explains that unresolved stress or dysregulation in parents can impact children's emotional and physiological development.

The practice of vocal transformation offers a pathway to stabilize and strengthen the vagus nerve, the key regulator of the body's stress response. This enhances the individual's ability to remain calm under pressure, improving relationships and fostering healthier family dynamics.

The Programs

Launching in January 2025, a collaboration of Dr. Riley's Born Free Method and Maryn's Vocal Transformation introduces parents and those expecting to practices centered on the root chakra. The 7-week course addresses foundational themes such as safety, belonging, and abundance. Participants will engage in guided breathwork, vocal exercises, and community discussions. The practices aim to ground the body, release stored emotional energy, and awaken creative potential. While challenging at times, the program provides the structure and accountability needed for meaningful change.

For those who miss the January course or want to go deeper, the Vocal Transformation Method (VTM) Cohort is a 9-month guided journey led by Maryn, focusing on healing and self-discovery through vocal practices and ancient chanting. This nine-month commitment mirrors the gestation period, with 40 days dedicated to each chakra. It offers group support, emotional healing, and personal transformation. Participants engage in live sessions, private calls, and a supportive online community while exploring their authentic voice and integrating spiritual and emotional growth. The next cohort runs from September 2025 to June 2026.

Why This Work Matters

A child's well-being is deeply tied to the emotional health of their caregivers. From the womb and into their early years, babies sense whether their environment communicates safety or danger, shaping their root chakra and influencing their lifelong approach to the world. Dr. Riley and Maryn

emphasize that healing begins within. Participants transform themselves and contribute to a healthier world by reclaiming their voices. The ripple effects of this work extend to parenting, relationships, and community dynamics, creating a legacy of emotional safety and growth for future generations.

Whether expecting a child or seeking personal growth, these programs offer practical tools for self-discovery and resilience. Participants will leave with a deeper connection to themselves, their families, and the world around them. The vocal transformation programs are a call to action for those ready to create meaningful change. They provide a space to explore the healing potential of the voice and build a foundation of safety, connection, and vitality. As Maryn explains, “Your voice is your birthright—it’s time to let it sing.”

For more information about the programs and enrollment details, visit vocaltransformation.com or courses.vocaltransformation.com/born-free-and-vt-cohort. Dr. Riley’s work can be found at belovedholistics.com.