

Balancing Pregnancy: Advanced Bodywork (Part I)

SYLLABUS

Please note, the scope of the curriculum may vary depending on location and duration of training.

PREGNANCY CHANGES FOR SOFT TISSUE STRUCTURES:

PHYSIOLOGICAL CHANGES OF PREGNANCY

- ⦿ Neuroendocrinology
- ⦿ Hematology
- ⦿ Soft tissue changes
- ⦿ Anatomical compensations

HANDS-ON TECHNIQUES:

POSTERIOR BALANCES

- ⦿ Quadratus lumborum (QL)
- ⦿ Butt balance
 - Glutes
 - Deep six
 - Fascia

ANTERIOR BALANCES

- ⊙ Abdominal aponeurosis
- ⊙ Broad uterine ligament
- ⊙ Round uterine ligaments
 - Proximal
 - Distal
- ⊙ Respiratory diaphragm
- ⊙ Inguinal pelvic ligaments

NECK/JAW MUSCLES

- ⊙ Scalenes
- ⊙ Levator scapulae
- ⊙ Masseter
- ⊙ Temporalis

FULL BODY INTEGRATION OF PART I

EQUILIBRIO	BALANCING PREGNANCY: ADVANCED BODYWORK (PART I)	IN-PERSON TRAINING	2
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