

Balancing Pregnancy: Advanced Bodywork (Part II)

SYLLABUS

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

HANDS-ON TECHNIQUES:

PSOAS

TENSOR FASCIAE LATAE (TFL)

GLUTEAL DIRECT MANUAL RELEASES

- ⦿ Gluteus minimus
- ⦿ Gluteus medius
- ⦿ Gluteus maximus

DEEP SIX DIRECT MANUAL RELEASES AND PNF BALANCE TECHNIQUES

- ⦿ Piriformis
- ⦿ Obturator internus

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PELVIC BALANCE

- ⦿ Sacrotuberous ligaments
- ⦿ Symphysis pubis joint support
- ⦿ Sacroiliac joint support

FASCIA

- ⦿ Uterine myofascial technique
- ⦿ Pelvic myofascial techniques
- ⦿ Diaphragmatic myofascial techniques
 - Respiratory diaphragm
 - Pelvic diaphragm

INNERVATION

- ⦿ Ventral vagus “re-set”

FULL BODY INTEGRATION OF PART I AND PART II

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