

# Balancing Birth: **Signature Course**

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## MODULES

1. Introduction
2. Bony Pelvis Levels
  - a. Intro to bony pelvis
  - b. Inlet
  - c. Midpelvis
  - d. Outlet
3. Soft Tissue Pelvic Levels
  - a. Intro to soft tissue pelvic levels
  - b. Breakdown of the 5 Soft Tissue Pelvic Levels™
4. Inlet
  - a. Balancing muscles
    - i. Paraspinals
    - ii. QL
    - iii. Latissimus dorsi
    - iv. PSOAS
    - v. Iliacus
    - vi. Glutes (maximus, medius, minimus)
    - vii. TFL + IT band
    - viii. Respiratory diaphragm

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- b. Balancing ligaments
    - i. Inguinal ligaments
    - ii. Broad ligament
    - iii. Round ligaments
    - iv. Sacroiliac ligaments
    - v. Iliolumbar ligaments
    - vi. Iliofemoral ligaments
  - c. Balancing fascia
    - i. Balance techniques for the inlet
5. Upper Transitional Level™
- a. Balancing muscles
    - i. Piriformis
  - b. Balancing ligaments
    - i. Uterosacral ligaments
  - c. Balancing fascia
    - i. Balance techniques for UTL
6. Midpelvis
- a. Balancing muscles
    - i. Paraspinals
    - ii. Deep six
    - iii. Pelvic diaphragm/pelvic floor
  - b. Balancing ligaments
    - i. Sacrospinous ligaments (pelvic ligament)
    - ii. Uterosacral ligaments (uterine ligament)
  - c. Balancing fascia
    - i. Balance techniques for the midpelvis
7. Lower Transitional Level™
- a. Balancing muscles
    - i. Obturator internus
    - ii. Puborectalis and pubococcygeus muscles

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- b. Balancing ligaments
    - i. Uterosacral ligaments
  - c. Balancing fascia
    - i. Balance techniques for LTL
8. Outlet
- a. Balancing muscles
    - i. Urogenital triangle
    - ii. Deep six
    - iii. Pelvic diaphragm
  - b. Balancing ligaments
    - i. Sacrotuberous ligament (pelvic)
  - c. Balancing fascia
    - i. Balance techniques for the outlet
9. Wrap Up

# Balancing Birth: **Muscles**

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## MODULES

1. Introduction
2. Bony Pelvis Levels
  - a. Intro to Bony Pelvis
  - b. Inlet
  - c. Midpelvis
  - d. Outlet
3. Soft Tissue Pelvic Levels
  - a. Intro to soft tissue pelvic levels
  - b. Breakdown of the 5 Soft Tissue Pelvic Levels™
4. Inlet
  - a. Balancing muscles
    - i. Bony pelvis
    - ii. Soft tissue
    - iii. Paraspinals
    - iv. Quadratus lumborum
    - v. Latissimus dorsi
    - vi. PSOAS
    - vii. Iliacus
    - viii. Glutes (maximus, medius, minimus)
    - ix. Respiratory diaphragm

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5. Upper Transitional Level™

- a. Balancing muscles
  - i. Bony pelvis
  - ii. Soft tissue
  - iii. Piriformis

6. Midpelvis

- a. Balancing muscles
  - i. Bony pelvis
  - ii. Soft tissue
  - iii. Longissimus
  - iv. Deep six
  - v. Pelvic diaphragm/pelvic floor

7. Lower Transitional Level™

- a. Balancing muscles
  - i. Bony pelvis
  - ii. Soft tissue
  - iii. Puborectalis and pubococcygeus muscles
  - iv. Obturator internus

8. Outlet

- a. Balancing muscles
  - i. Bony pelvis
  - ii. Soft tissue
  - iii. Pelvic diaphragm
  - iv. Urogenital triangle: deep perineal pouch
  - v. Urogenital triangle: superficial perineal pouch
  - vi. Deep six

9. Wrap Up

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# Balancing Birth: **Ligaments**

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## MODULES

1. Introduction
2. Bony Pelvis Levels
  - a. Intro to bony pelvis
  - b. Inlet
  - c. Midpelvis
  - d. Outlet
3. Soft Tissue Pelvic Levels
  - a. Intro to soft tissue pelvic levels
  - b. Breakdown of the 5 Soft Tissue Pelvic Levels™
4. Inlet
  - a. Balancing ligaments
    - i. Bony pelvis
    - ii. Soft tissue
    - iii. Inguinal ligaments
    - iv. Broad ligament
    - v. Round ligaments
    - vi. Sacroiliac ligaments
    - vii. Iliolumbar ligaments
    - viii. Iliofemoral ligaments

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5. Upper Transitional Level™
  - a. Balancing ligaments
    - i. Bony pelvis
    - ii. Soft tissue
    - iii. Uterosacral ligaments
6. Midpelvis
  - a. Balancing ligaments
    - i. Bony pelvis
    - ii. Soft tissue
    - iii. Sacrospinous ligaments
    - iv. Uterosacral ligaments
7. Lower Transitional Level™
  - a. Balancing ligaments
    - i. Bony pelvis
    - ii. Soft tissue
    - iii. Uterosacral ligaments
8. Outlet
  - a. Balancing ligaments
    - i. Bony pelvis
    - ii. Soft tissue
    - iii. Sacrotuberous ligaments
9. Wrap Up

# Balancing Birth: **Fascia**

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## MODULES

1. Introduction
2. Bony Pelvis Levels
  - a. Intro to bony pelvis
  - b. Inlet
  - c. Midpelvis
  - d. Outlet
3. Soft Tissue Pelvic Levels
  - a. Intro to soft tissue pelvic levels
  - b. Breakdown of the 5 Soft Tissue Pelvic Levels™
4. Inlet
  - a. Balancing fascia
    - i. Bony pelvis
    - ii. Soft tissue
    - iii. Balance techniques for the Inlet
5. Upper Transitional Level™
  - a. Balancing fascia
    - i. Bony pelvis
    - ii. Soft tissue
    - iii. Pelvic fascial release

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## 6. Midpelvis

- a. Balancing fascia
  - i. Bony midpelvis
  - ii. Soft tissue
  - iii. Pelvic diaphragm release
  - iv. Uterine myofascial release

## 7. Lower Transitional Level™

- a. Balancing fascia
  - i. Bony pelvis
  - ii. Soft tissue
  - iii. Pelvic fascial release

## 8. Outlet

- a. Balancing fascia
  - i. Bony pelvis
  - ii. Soft tissue
  - iii. Leg circles
  - iv. Respiratory diaphragm

## 9. Wrap Up

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