

Balancing Birth: **Signature Course**

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