



EQUILIBRIO
BIRTH & BODYWORK

Equilibrio:

Internal Pelvic Balance for Postpartum Healing

Dates

April 2-4, 2024

Course cost

1150 CHF (paid by stripe link in USD)

Registration by

February 15, 2024

Location

Mattli Antoniushaus
Seminar- und
Bildungszentrum
Mattlistrasse 10
6443 Morschach
Switzerland

Workshop Taught by

Rachel Shapiro Davies

Equilibrio Founder, CNM, LM,
SpBT, Sexological Bodyworker and
Internal Pelvic Health Clinician &
Educator

Organizer

Annatina Schorno-Pitsch
info@fitalleggra.ch

Register through Annatina with the
link provided by Rachel for payment.
Book overnight accommodations
separately and directly through venue.

Workshop geared towards: Pelvic Floor Physiotherapists, Midwives,
Physicians, Birthworkers and Internal Bodyworkers

www.equilibriobalance.com/internal-pelvic-balance



Equilibrio: Internal Pelvic Balance for Postpartum Healing

Part I: Ligaments

Course Goals:

Develop advanced hands-on clinical skills for treating uterine prolapse, dyspareunia, vaginismus, coccygeal pain, sacral pain, and sacroiliac joint pain through **pelvic and uterine ligament balancing** in the postpartum time.

Course Objectives:

1. Identify the influence of ligaments on pelvic bones and joints, as well as surrounding and connecting pelvic soft tissues and organs.
2. Differentiate the function and dysfunction of ligaments in postpartum pelvic healing in relation to that of muscles and fascia.
3. Describe the various origin and insertion sites of the uterosacral ligaments.
4. Assess the state of balance or imbalance of uterosacral ligaments, after exploring how to locate them precisely and specifically on various bodies.
5. Learn how to restore balance to the uterosacral ligaments in the postpartum body.
6. Understand the relationship between the postpartum pelvic balancing session and the polyvagal theory, regarding but not limited to the birth story and/or previous trauma held in these tissues.
7. Practice an advanced pelvic fascial release technique externally, focusing on fascial balance as well as lymphatic drainage and pelvic polarity therapy.
8. Identify the various causes of dyspareunia postpartum through a ligamental approach.
9. Describe the slightly varying origin and insertion sites of the sacrospinous ligaments.
10. Assess the state of balance or imbalance of sacrospinous ligaments, after exploring how to locate them precisely and specifically on various bodies.
11. Learn how to restore balance to the sacrospinous ligaments in the postpartum body.
12. Describe the slightly varying origin and insertion sites of the sacrotuberous ligaments.
13. Assess the state of balance or imbalance of sacrotuberous ligaments, after exploring how to locate them precisely and specifically on various bodies.
14. Learn how to restore balance to the sacrotuberous ligaments in the postpartum body.
15. Identify the various causes of pelvic pain postpartum, specifically focusing on sacral and coccygeal pain (though not exclusively) through a ligamental approach.
16. Describe all 5 origin and insertion sites of the sacrococcygeal ligaments.
17. Assess the state of balance or imbalance of sacrococcygeal ligaments, after exploring how to locate them precisely and specifically on various bodies.
18. Learn how to restore balance to the sacrococcygeal ligaments in the postpartum body.
19. Provide and Receive a Full Postpartum Balancing Session focusing exclusively on uterine and pelvic ligaments.
20. Recommend tools for self care to continue balancing at home after and in between sessions with providers.
21. Assess, process and share your experience in this course and how your own body feels after a ligamental focus to balance.