

Pregnancy &

Birth

MECHANICS

Dear pregnant Mamas, is it any wonder your back hurts? It's not surprising that after positioning yourself this way for half of a year, your body feels wrecked. Your baby needs a more aligned torso to position himself properly for birth, and your pelvic floor will hold up better if you learn to make some simple adjustments.

INCORRECT



CORRECT



Workshop to optimize the mechanics of pregnancy and birth \$35.00

There's no better time to have the pelvis working best than during the birthing process.

Students will learn how to assess the current state of their bodies and learn skills for optimizing alignment before, during and after pregnancy – which not only protects from the discomforts normally associated with this time of life, but also cultivates

the physiological conditions necessary for the best birth possible, no matter what kind of birth you are planning.

We will examine common, culturally-induced musculoskeletal habits that lead to failures in pelvic functions and ailments of pregnancy and birth, such as back pain, sore feet, swollen ankles, aching hips, varicose veins,

incontinence, shortness of breath, diastasis recti and general difficulty moving - ALL of which are COMPLETELY PREVENTABLE!

Dates (choose one)

Monday, July 22nd
6:30–8:30 PM

Wednesday, July 31st
6:30–8:30 PM

The Vital Gaitway
462 Prospect St. Torrington



Studies have concluded that the pregnant female is intended to walk and move regularly, even with the extra mass of an impending baby. It is not the physiological state of pregnancy that is responsible for pain, but the alignment and gait habits a woman brings to her pregnancy.

Register at www.vitalgaitway.com or call 860-324-6926 for more information.