

Zero Balancing for Pregnancy and Postpartum/ZB PREGNANCY

COURSE TITLE: Zero Balancing for Pregnancy and Postpartum

ABBREVIATION: ZB Pregnancy

EDUCATIONAL CREDIT: 25 CEUs

WORKSHOP LENGTH: 4 days

PREREQUISITES: ZB Certification

PRICE: \$795, Super Saver: \$595, Early: \$695, Repeat: \$350

COURSE DESCRIPTION:

This comprehensive course is designed to provide Zero Balancing practitioners with the knowledge and skills necessary to safely and effectively work with pregnant clients and those in the postpartum period. Through a combination of theoretical teachings, hands-on practice, and case studies, participants will gain a deep understanding of the unique needs and considerations involved in providing Zero Balancing sessions during pregnancy and postpartum. By the end of the course, participants will be equipped to offer gentle, supportive, and transformative Zero Balancing sessions to clients in this important stage of their lives.

You will learn:

- Understanding of the unique physiological, hormonal, and energetic changes that occur during pregnancy and postpartum.
- How to identify safety considerations and contraindications for providing Zero Balancing sessions to pregnant clients, including modifications and precautions to ensure the well-being of both the practitioner and the client.
- Evaluation and balancing skills specific to pregnancy, such as working with the Round Ligaments, addressing common discomforts and imbalances, and supporting alignment of the pelvis and spine.
- The physical, energetic, hormonal, and emotional changes experienced during the postpartum period and learn techniques to address postpartum challenges, including breastfeeding, pelvic floor, and general alignment as ligaments tighten postpartum.
- Integration of Zero Balancing techniques with other supportive modalities commonly used during pregnancy and postpartum, such as midwifery, doula support, chiropractic care, and acupuncture, and understand when to refer clients to other professionals.
- How to apply the knowledge and skills acquired throughout the course by participating in practice sessions with pregnant women in the community (where feasible).