



Introducing the Three BalancesSM

We call our body balancing arrangement the Three BalancesSM

1. The Jiggle
2. Forward-leaning Inversion
3. Side-lying Release

Balancing the muscles and joints of the pelvis and back will add comfort in pregnancy and ease in childbirth. Each technique plays a special role in supporting labor progress.



The Jiggle

A gentle, sustained jiggle reduces pain and tension in pregnancy and labor. Tiny fibers in the connective tissues and muscles release. The Rebozo Manteada is a version using a traditional cloth.

Forward-leaning Inversion

The Forward-leaning Inversion balances ligaments near the cervix to ease dilation. FLI contributes to comfort, fetal positioning, and makes room for baby.

Side-lying Release

Use Side-lying Release in pregnancy to balance the muscles and joints in the pelvis and lower back. In labor, SLR helps baby to move into position for a shorter and less painful birth.

Before you begin, read safety warnings and instructions on each webpage.



SCAN ME