



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.



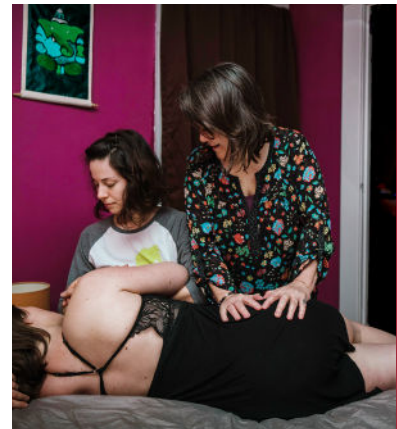
The Jiggle

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.

