

Agenda with 1 hour lunch

9:30 to 10:00 Arrival and Registration

10:00 to 10:20 Introductions, History, Why Spinning Babies

10:20 to 10:40 Physiology of mother

10:40 to 11:15 Flexion and physiology of baby

11:15 to 11:30 Morning Break-pregnant mom arrives

11:30 to 12:40 Pregnancy: maternal positions, daily activities and 2 myofascial releases

12:40 to 13:00 Identifying Fetal Positioning Using Belly Mapping and a Pregnant Mother's Reports of Kicks and Wiggles

13:00 to 14:00 Lunch

14:10 to 14:20 Doula Scope of Practice

14:20 to 14:30 The 3 Levels of the Pelvis and Engagement

14:30 to 14:40 Symetric vs Asymmetrical

14:40 to 15:45 3 sisters trying

15:45 Break 16:00 Standing Sacral Release * not always time for this

16:15-16:45 Inlet solutions

16:45 to 17:15 Midpelvis and Transverse Arrest

17:15 to 17:40 Solutions for Slow Descent in 2nd Stage

17:40 to 18:00 Review and Questions

18:00 End of Day