

# Birth Mechanics: Tune up your body & prepare for delivery

- Decrease back and pelvic pain
- Increase birth space for better baby positioning in the womb
- Understand how sit & standing habits affect the health of the spine & pelvis
- Mobilize & strengthen hips
- Discover how breath connects to the pelvic floor



**ALIGN**  
INTEGRATION . MOVEMENT

APRIL 11, 2020 | 9:30-NOON | \$40

231 E 2100 S, STE 100 SLC, UT

REGISTER ONLINE: [WWW.ALIGNFORHEALTH.COM/WORKSHOPS](http://WWW.ALIGNFORHEALTH.COM/WORKSHOPS)

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