



# MotheRetreat

Prenatal and postpartum programs

## 1.) Rebozo Manteada (sifting)

The Rebozo is a special Mexican scarf. Wrap it around your abdomen like a hammock around your baby.

Kneel in front of a chair, couch, or birth ball. Use pillows under knees and chest for comfort. Drape your arms over the ball, chair or couch. Relax the upper body into the Rebozo without sinking. Now you are in position to start.



L-R: Holding the ends of the Rebozo with straight wrists prevents strain. Lift baby's weight straight up. While lifting steadily, make small circles with Rebozo.

For all these techniques, you'll need a helper.

Your helper stands over your hips and holds the ends of the Rebozo. They lift the weight of your belly off your back, snug but comfortable. Expect to sigh in relief at this point. Their small circles begin slow, and increase in speed, not bigger circles, just a bit faster. The belly feels gently "sifted".

Breathe freely, slowly. Let your belly hang into "the hammock". Adjust the speed or pressure for absolute bliss!

After 3-5 minutes, your helper can slow down and stop.

## 2.) Forward-leaning Inversion

Avoid going upside down if you have high blood pressure, a recent surgery, or seizures, etc. Go down slowly.



L-R: First invert, then kneel high

Kneel 2"/5 cm from the edge of the couch seat or top of a stair.

Your helper supports you under your arm as you slowly lower your hands to the floor. A stool helps. Then lower more to rest on your forearms. Elbows go out, hands touch. Let your head hang freely, but tuck your chin. Don't rest your head on the floor. Move your neck and

spine with a slow, gentle movement to mobilize the fascia (connective tissue) for more comfort.

Have your helper assist you up to kneeling at the end. Come up on your hands and "walk" back up to a high kneeling position (see picture). With daily repetition, baby gains more space for an improved position.

How long? The time of 3-4 breaths, about 30-45 seconds. Note: Coming back up is the point. We hope to release the cervical ligaments to align womb and baby with the pelvis.

3.) *Sidelying Release*

## 3.) Sidelying Release

Start on either side, but do BOTH sides to avoid imbalance. Choose a firm surface such as a couch or bed. Your head is level on a pillow, not tilted. Hold a chair or table so your top shoulder remains stacked.



L-R: Sidelying Release: begin on edge, lift top leg, let leg hang freely. Wait for it.

The helper stands in front of you to keep you safe! They make sure your hips and shoulders are stacked (first photo). The helper curves both palms around the edge of your top hip (ASIS) and holds your hip securely for the entire activity!

Once secure, scoot your hip within 2"/5 cm from the edge. It's ok that in the 3rd trimester your belly goes over the edge.

Straighten your lower leg (your helper must not pull your leg straight). Lift your toes up toward your knee (flexed).

Now, lift your leg up and all the way over your thigh and then, gently, let it hang down in front of you. (This lift will retrain muscles.) Your hanging knee is relaxed and bent.

Wait 3-15 minutes or until leg suddenly hangs even lower. Repeat other side. If done in active labor, birth may be fast.

*Gain comfort in pregnancy and labor for easier childbirth.*

©2017 Maternity House Publishing, Inc.\* Spinning Babies® Permission to copy as is for your client use. *The Three Sisters of Balance* is our technique arrangement within our trademark and brand and, therefore, cannot be named as such under your brand, or used in your curriculum unless licensed. You can, however, teach these techniques separately. It is illegal to resell, excerpt, or post online.

[www.SpinningBabies.com](http://www.SpinningBabies.com)

*This handout is a companion to Spinning Babies; Parent Class. Visit our website for the full explanations of these techniques.*



310 927 0806



South Florida



[www.yourdoulaolga.com](http://www.yourdoulaolga.com)  
[yourdoulaolga@gmail.com](mailto:yourdoulaolga@gmail.com)