

FOR AUDIENCES

[Community Calendar](#) [Volunteering](#)

Friday, February 28, 2020

Pre&Postnatal; Corrective Exercise Specialist Certification

Company: Fit For Birth
Venue: TBD
Location: Miami, FL

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LIVE EVENT IN BEAUTIFUL MIAMI

Live fit for birth
PRE & POSTNATAL CORRECTIVE EXERCISE SPECIALIST

TRAIN 40% OF THE POPULATION WITH CONFIDENCE.

#1 HOLISTIC PRE & POSTNATAL Corrective Exercise CONTINUING EDUCATION!

Wynwood! **Friday, Feb 28 9am-6pm**
The Past, Present, & Future of Birth Culture
The Three Trends in Modern Childbirth
Program Design #1

Saturday, Feb 29 9am-6pm
Intro to Corrective Exercise
Teaching Diaphragmatic Breathing
Movement Assessments
Program Design #2

Sunday, Mar 1 9am-6pm
Program Design #3
Hands-On Application with Prenatal Volunteers
Postnatal Considerations
Program Design #4
Hands on Application with Postnatal Volunteers

Details+
REGISTER: <https://getfitforbirth.com/live-ces-miami-2020/>

EARLY BIRD ENDS JANUARY 31ST!

Hi Dance NYC Community!

Most of us need to maintain our CECs, so we'd like to spread the word about a highly valuable and immersive way to do it. Bonus it gets you out of cold NYC and to sunny Miami this February! I got certified through Fit For Birth back in 2014 and training in the pre/postnatal fitness niche has been a great subliment to my dance career.

While the full details of the course are [HERE](#) (including FAQs and course curriculum) here is a quick overview of what attendees can expect:

The Past, Present, & Future of Birth Culture
The Three Trends in Modern Childbirth
Program Design #1-4
Intro to Corrective Exercise
Teaching Diaphragmatic Breathing
Movement Assessments
Hands-On Application with Prenatal Volunteers
Postnatal Considerations
Hands on Application with Postnatal Volunteers

Hope you see you in Miami!

Joanie- Fellow NYC dancer and Fit For Birth grad

Fit For Birth
Wynwood
Miami, FL, 33127
<https://getfitforbirth.com/live-ces-miami-2020/?affiliate=joanieffb>

Schedule
February 28, 2020: 8:00am

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