

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

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!

CERTIFICATIONS: NASM APPROVED PROVIDER (1.9), ACE APPROVED (7), ACE APPROVED (2.6), AFAA APPROVED PROVIDER (15), and more!

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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