

SEMINAR SERIES MODULE 5

PELVIC MASTERY

UNLOCKING THE SACRO-PELVIC
RHYTHM OF HEALING

DR. JENNIFER BARHAM-FLOREANI & DR. SIMON FLOREANI

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DEDICATION

This book is dedicated to the extraordinary public we are blessed to serve, and to the chiropractors who know — deep in their bones — that they were made for more.

To those who feel the quiet pull toward mastery... who choose intuition over inertia, courage over comfort, and service over self.

To the healers rising as community leaders, changing lives, restoring hope, and helping people reconnect with the infinite wisdom that already lives within them.

To every chiropractor committed to becoming a clearer channel, a steadier presence, and a more powerful force for good in the communities they are privileged to serve — this work is for you.



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INTRODUCTION

THE PELVIC BOWL

The pelvis is the cradle of life and the anchor of stability. Within this bony ring lies the body's deepest intelligence — the neural, hormonal, and emotional systems that govern creation and restoration.

When tone within the pelvic bowl is distorted, every downstream function is affected: fertility, digestion, posture, and even mood. **Pelvic Mastery** teaches chiropractors to access this sacred space with respect and precision, restoring the natural rhythm between structure and flow.

As you explore this module, you'll begin to see how the pelvis influences far more than movement — it shapes emotional balance, hormonal expression, and the body's ability to reorganise itself.

From here, we move into the principles that guide effective pelvic work and the deeper understanding required to bring stability, grounding, and coherence back to the system.

**“THE PELVIS IS THE
BODY’S FOUNDATION.
WHEN ITS TONE IS
BALANCED, EVERYTHING
BUILT UPON IT – FROM
FERTILITY TO EMOTIONAL
STABILITY – BEGINS TO
FLOURISH.”**

– DR. SIMON FLOREANI



STRUCTURE AND TONE

FOUNDATION OF PELVIC BALANCE

The pelvis is both a fortress and a fountain. Its architecture protects vital organs while transmitting the force of every step, every breath, every heartbeat.

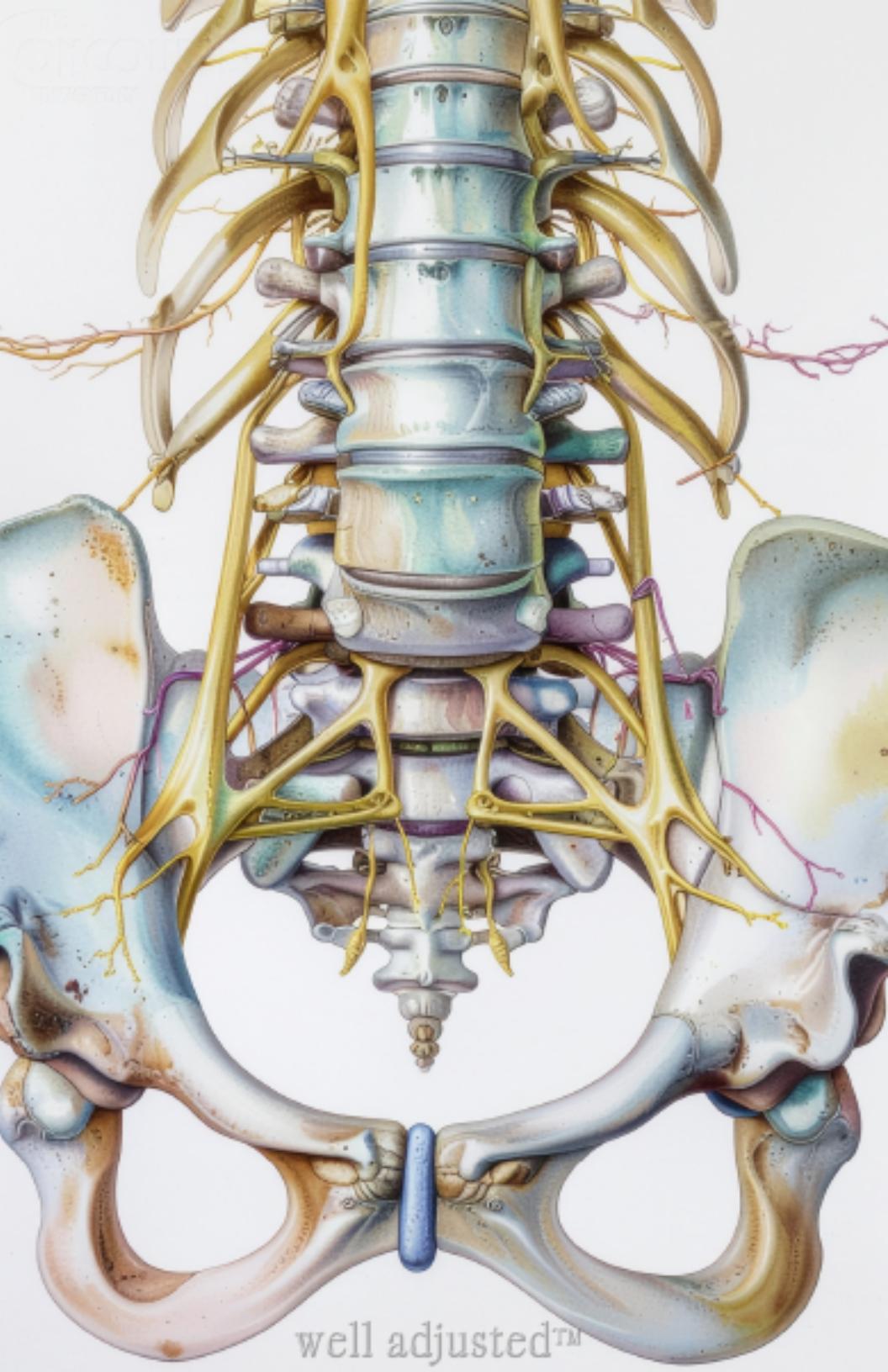
Imbalance here changes everything. Sacro-iliac fixation, pubic-symphysis misalignment, or fascial tension can alter hormonal rhythm, disrupt lymphatic drainage, and compromise fertility. When the pelvis loses its precision, the entire system shifts in response.

Understanding this interplay between structure and tone forms the foundation of effective pelvic work. From here, we move into the guiding principles that shape how we assess, correct, and restore balance within this vital region.

Key Principles

- 🔥 Primary Pelvic Subluxations: correct from multiple vectors — posterior, lateral, and anterior.
- 🔥 Access with Respect: maintain patient dignity while delivering effective care.
- 🔥 Tonal Balancing: restore pelvic floor resilience for stability and hormonal flow.
- 🔥 Structural Integration: align hips, knees, and ankles through acetabular correction.

Balanced tone in the pelvic floor anchors the nervous system, allowing emotional calm and hormonal harmony to return.



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**“WHEN PELVIC TONE
IS OFF, EVERYTHING
UPSTREAM IS
AFFECTED.”**

— DR. SIMON FLOREANI





HORMONAL AND AUTONOMIC BALANCE

REGULATING LIFE'S CYCLES

The pelvis governs far more than movement — it governs life's cycles. Within this region lie the sacral plexus and the autonomic pathways that regulate fertility, bladder and bowel function, hormonal flow, and reproductive resilience.

When tone within the pelvic bowl is balanced, these systems communicate clearly and rhythmically. When it is not, hormonal cascades shift, autonomic patterns tighten, and foundational wellbeing is disrupted.

As you deepen your understanding of these networks, your ability to influence hormonal harmony and autonomic stability expands.

From here, we move into the specific clinical applications that bring this knowledge to life.

Clinical Focus

- 🔥 **Sacro-iliac Mobilisation & Pubic Symphysis Release:** restore alignment and circulation.
- 🔥 **Pelvic Plexus Access:** influence reproductive and hormonal balance.
- 🔥 **Methylation and Endocrine Link:** support hormonal rhythm by addressing underlying biochemical stress.
- 🔥 **Fertility & Postpartum Recovery:** enhance implantation success, tone the pelvic floor, and stabilise hormonal cycles.

When these systems communicate clearly, hormonal cascades settle and vitality rises.

**“WE BALANCE PELVIC
TONE, RESTORE
FERTILITY FUNCTION, AND
SUPPORT POSTPARTUM
RECOVERY.”**

— DR. SIMON FLOREANI



TECHNIQUE AND APPLICATION

INVITING RELEASE WITH PRECISION

In Pelvic Mastery we combine gentle precision with profound respect. The goal is not to manipulate, but to invite release — creating space for the body's own intelligence to restore order and balance.

From this philosophy, we move into the core techniques that shape effective pelvic work.

Core Techniques

- 🔥 Anterior & Posterior Sacro-iliac Adjustments — balance structural load and neural feedback.
- 🔥 Pubic Symphysis Correction & Iliacus Fascial Work — ease restriction, restore tone.
- 🔥 Pelvic Floor Activation & Tonal Balancing — re-educate stability and grounding.
- 🔥 Coccyx Stabilisation — address emotional anchoring and spinal alignment.
- 🔥 Acetabular Balance — refine hip-socket mechanics to improve gait, pelvic symmetry, and load distribution.
- 🔥 Peripheral Integration — connect pelvic adjustments to hips, hamstrings, knees, and ankles.

Common presentations include: menstrual discomfort, pelvic pain, infertility, urinary urgency, sciatica, postpartum instability, and hormonal fatigue.



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JOIN US IN PRACTICE AND PRESENCE

THE SEAT OF CREATION

The pelvis is more than anatomy — it is the body's sanctuary of creation, emotion, and renewal. When its tone is balanced, the entire being breathes easier.

Pelvic Mastery invites you to explore this intelligence within yourself. Join us for a **Well Adjusted Retreat**, where you'll refine these techniques under close guidance, reconnect to your own foundation, and rediscover the quiet strength that flows from balanced tone.

These immersive experiences are where Holistic Spinal Mastery comes alive. You'll practise the techniques described here under direct guidance, share meals and insights with like-minded chiropractors, and leave re-energised in body, mind, and spirit.

LEARN. INTEGRATE. REIGNITE YOUR PURPOSE.



“I can’t wait for Part 2...”

Dr Markus Kuhlmann, M.Sc.

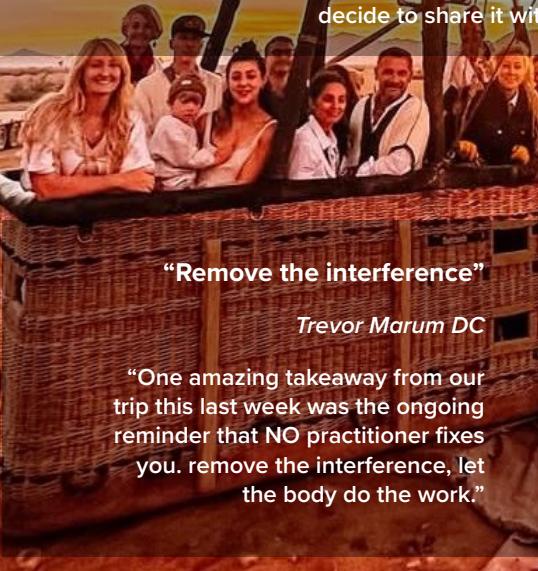
“The balance between clear explanation, practical demonstrations, and hands-on learning was exceptional. We observed paediatric cases treated with immense expertise and care. I also appreciated the holistic approach—nutrition, vitamins, and lifestyle insights that I could implement immediately. The following week, patient feedback was extraordinary.”

I cannot wait for Part 2 of the seminar and highly recommend Dr Jen’s and Dr Simon’s programme.”

“Attract family members”

Montse Vilahur Gies DC

“I can’t be grateful enough with Jen Barham Floreani and Simon Floreani to teach these modules out there ! It’s been my main guide for my adjusting and not only babies but entire families. I HIGHLY recommend it!!! Our patients deserve to get adjusted since birth! With the Well Adjusted programs I learnt how to and I also started to attract family members from all ages, that’s why I decide to share it with all of you today.”



“Remove the interference”

Trevor Marum DC

“One amazing takeaway from our trip this last week was the ongoing reminder that NO practitioner fixes you. remove the interference, let the body do the work.”



WANT MORE?

You've just explored one module within the **Holistic Spinal Mastery Series**.

If this work speaks to you and you'd like to experience it live, **register your interest, reach out directly**, or visit:

<https://welladjusted.co>

for upcoming dates, locations, and training opportunities.

Dr. Simon Floreani & Dr. Jennifer Barham-Floreani

Integrate What You've Learned

Before you step forward, allow this knowledge to settle into your awareness, your hands, and your practice.

To embody this work:

- 🔥 Notice how the pelvic system participates in every movement, breath, and emotional tone you observe.
- 🔥 Observe the way stability, grounding, and symmetry express themselves in the people you serve.
- 🔥 Introduce one small refinement to your adjusting routine that honours what this module has awakened.
- 🔥 Capture the insights that emerge — patterns, repetitions, shifts, and confirmations.

This is how understanding becomes skill.

This is how skill becomes instinct.

YOUR HOMEWORK

To truly integrate this module, work through these steps with intention:

1. Reflect on Your Own Pelvic Balance

Check how you sit, stand, move, and transition throughout your day.

Awareness of your own patterns deepens your ability to see them in others.

2. Identify the “Health Leaders” in Your Practice

Create a short list of the parents, athletes, or community members who uplift others through their energy and example.

These people often become catalysts for growth and transformation.

3. Identify the Ones Who Are Struggling

Notice who is stuck in their story — who needs encouragement, clarity, or a different lens through which to see their health.

This awareness shapes the way you serve.

4. Reconnect With Your Health Leaders

Reach out, check in, and ask them what they’re celebrating this year.

Leadership grows when it is witnessed, supported, and acknowledged.

IF YOU ARE THE ONE WHO RECEIVED THIS BOOK...

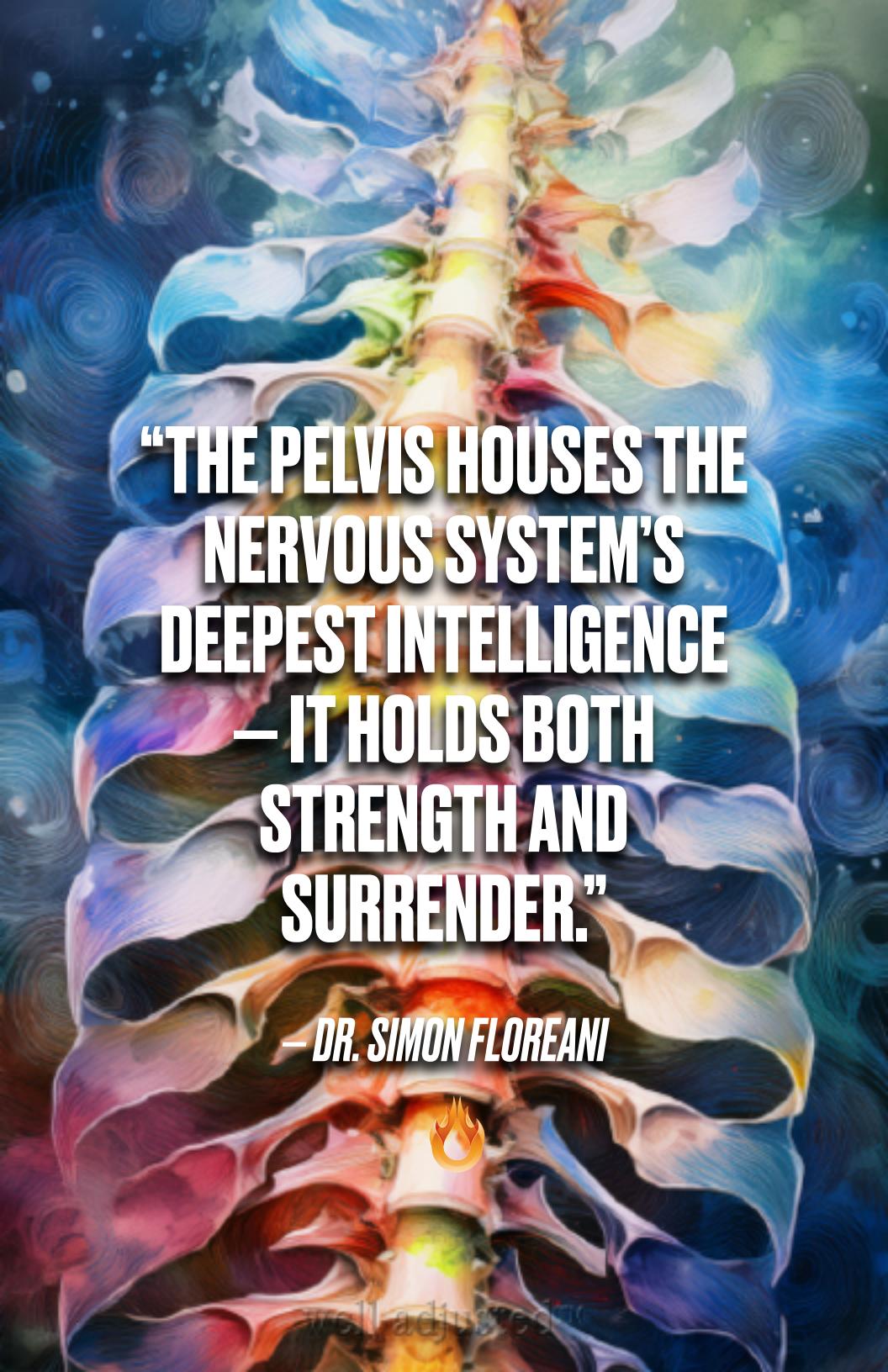
If someone has recommended this book to you *and* has already shared the 10 things they cherish in you, act now.

Give energy to the spark they've ignited. Recognise that someone truly sees you, believes in you, and honours the healer, the leader, and the change-maker within you.

Call on that part of yourself — the inspiring health leader, the family healer, the quiet giant waiting to wake, the inner knowing that says you were made for more.

Feel the stir of that “something.” And step toward it.





**“THE PELVIS HOUSES THE
NERVOUS SYSTEM’S
DEEPEST INTELLIGENCE
— IT HOLDS BOTH
STRENGTH AND
SURRENDER.”**

— DR. SIMON FLOREANI

**IF YOU WANT TO SEE
DIFFERENT PATTERNS IN
YOUR PATIENTS, START BY
CHANGING THE PATTERNS
IN YOUR OWN LIFE.**

— DR. SIMON FLOREANI





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ABOUT THE PRESENTERS



Dr. Simon Floreani and Dr. Jennifer Barham-Floreani are internationally recognised healers, educators, and leading voices in vitalistic chiropractic. Known for their deep intuition, clinical mastery, and ability to transform both practitioners and families, they are widely regarded as being within the top tier of chiropractors worldwide.

For more than three decades, Simon and Jennifer have built and led multimillion-dollar family wellness practices, mentoring dozens of associate chiropractors, training teams, and creating thriving healing centres that have become models throughout the profession. Their life's work blends heart-centred service, clinical precision, business excellence, and an unwavering commitment to the innate healing potential of the human body.

Together

Simon and Jennifer are also the founders of Well Adjusted™ — a global education platform for families, practitioners, and health professionals seeking deeper clinical mastery, stronger intuition, and the capacity to create lasting health transformation.

Through seminars, books, online courses, and live events, they help chiropractors:

- ❖ Understand the nervous system on a deeper level
- ❖ Master advanced adjusting, intuition, and communication
- ❖ Build financially successful, values-driven practices
- ❖ Create longevity in the healing arts without burnout
- ❖ Serve families with clarity, compassion, and confidence

In every presentation they give and every practitioner they teach, Simon and Jennifer hold a simple mission:

Restore trust in the body, elevate the skills of the healer, and uplift humanity.



The background of the image features a series of glowing, organic, and fluid shapes in shades of orange, yellow, and white against a black background. These shapes resemble stylized leaves or petals, with some being more solid and others more translucent. The overall effect is one of warmth, light, and organic movement.

..WITH GREAT INTENT AND GRATITUDE

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