

Thank you for your interest

(please read this message carefully)

This is not an average prenatal yoga course

COURSE OUT LINE

In this prenatal course we are offering comprehensive approach of prenatal yoga.including deeper understanding of Meditation, Anatomy, Asana, psychology, Nutrition.

Course duration - 14 days

Course date - 16 Jan

Batch time - 3:00pm to 4.15 pm (IST)

Last day for registration - 14 Jan

Live on zoom

Course price - 5500 INR

Early Bird discount - 4500 INR(Offer valid till 5 Jan)

Note

(For international transaction via paypal

5 dollar extra)

Early bird discount amount - 68 dollars 💰

Course fee - 80 dollars 💰

ONLY Recorded classes - 2500 INR

(Note: Recorded video needs to be watch within 4 days from the day of class no participation certificate for recording no study material)

How to register - For the registration process we will share payment link once payment complete your seats will be confirmed

We offer limited seats for this course so please confirm soon

Things provided

1. One prenatal yoga book 📖 pdf
2. Participation certificate
3. Study manual - Soft copy
4. Q and A support
5. Printable Journal
6. Special meditation music
7. Support group for 3 months



Topics

ASANA

- * Sequence of Asana during different trimesters.
- * Contraindications and safety guidelines for all 3 trimesters.
- * Variation for different body types.

ANATOMY

- * 3 Trimesters anatomy
- * Understand the anatomy behind different asana.
- * Understand the anatomy behind different changes in mother's body.
- * Impact of pregnancy on different organs.

MEDITATION

- * Understand different emotion during 3 trimesters.
- * Separate mindfulness and meditation practice during different trimesters.
- * Dealing with stress and mood swing during pregnancy.
- * Set the positive mindset for child birth.

PSYCHOLOGY

- * Understand the different psychological issues during pregnancy.
- * How to deal with negative emotions.
- * How to deal with tension and fear response during pregnancy.
- * Mind set for joyful pregnancy.

NUTRITION

- * Food habits during pregnancy.
- * How food can give impact on baby's development.

(This course will give you basic understanding of prenatal yoga we are not teaching cure and diagnose of any pregnancy related problems or disease)

