

Certificate Program in Garbh Sanskar Antenatel,

100 Hours

Courses are available (online and offline)

Pregnancy is a time of life that everything changes for women. Their bodies they knew all their lives begin to change. Hormones start to be stronger than ever. Every part of the woman's body prepares and focuses on creating a new life. In this moment of life, many physical and emotional challenges arise, and yoga can play a fundamental part in harmonizing the body and mind, helping the mother pass the challenges of the pregnancy and connect to the baby, as well as preparing the mother for delivery.

Pregnancy can be a very stressful moment due to all the body changes that can affect sleep and rest and all preparation for the new life coming with the baby's arrival. Yoga practice plays a big role in improving sleep and feelings of tranquility and calmness for the mom-to-be. Through asana practice, breathing, and meditation, the woman will enhance body flexibility, release tensions, and transform simple movements like breathing and lying down quickly again. Yoga is also highly recommended after delivery as a form for the mother to reconnect with her body after another change again.

In this yoga pregnancy course, you will go through all the different stages of pregnancy and their peculiarity by each trimester, as well as post-partum and pre-natal yoga (how a woman can prepare her body to get pregnant). Besides classes focused exclusively on yoga and naturopathy for pregnancy, the student will have classes of diet , philosophy, meditation, Pranayama (breathing techniques), and yoga asana practice.

Syllabus : Theory and Practical Lessones

1. Fundamentals of Yoga Studies
2. Elementary Prenatal Anatomy and Physiology
3. Hatha Yoga and Stress Management
4. Yoga philosophy/Sutra
5. Health and Diseases
6. Introduction of Naturopathy and Ayurveda.
7. Fundamental Principles of Yoga Therapy

Practical

1. Practice of Yoga Techniques.
2. yoga and naturopathy for pregnancy Antenatal.
3. Herabal and Holistic Health for pregnancy Antenatal.
4. Diet Therapy and Fasting.
5. Pranayam and Meditation Yoga.