

# PRAGNANCY YOGA TEACHER TRAINING COURSE

## SYLLABUS

### **1.Introduction of yoga & pragnancy**

- Importance of yoga during pregnancy
- Lifestyle changes of both partners
- Prepares the woman& partner physically, emotionally, spiritually for conception
- Importance of Asanas / Pranayam of both partners

### **2.Anatomy & physiology of female body**

- Hormones of female life
- Female reproductive system
- Menstrual cycle :
  - .Abnormal menstrual cycle
  - . Nutrition of menstrual cycle

### **3. Pre-natal or antenatal**

- Physiology of pregnancy
- Basics of prenatal yoga
- Benefits of yoga during pregnancy
- Yoga for each trimester
- Complication during pregnancy
- Yoga poses & postures to avoid
- Pranayam & Asana for each trimester

### **4. Childbirth/intrant**

- Process of labour
- Complication of labour
- Pranayam & Asana for induced labour

### **5. Postnatal**

- Postpartum complication
- Yoga & pranayam after normal delivery
- Yoga & pranayam after C-section
- Care of mother & baby
- Position during feeding

## **6. Daily affirmation**

- Affirmations for:
  - Physical health
  - Emotional health
  - Connection with the baby
  - Labour & delivery preparation
    - Self-love & confidence
- How to practice affirmation daily

## **7. Nutrition & diet**

- Nutrition of mother during:
  - Prenatal
  - intranatal & postnatal period
- Food for lactating mother
- Food for weight reduction

## **8. mantra Recitaion**

## **9. Meditaion**

## **10. Garbha Sanskar**

## **Guided By**

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