



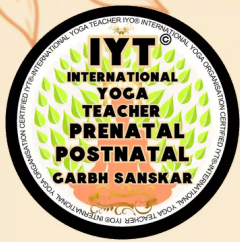
IYO®

INTERNATIONAL YOGA ORGANISATION

INDEX

IYT® – INTERNATIONAL YOGA TEACHER PRENATAL / POST-NATAL / GARBH SANSKAR

150-HOUR TEACHING PROGRAMME



01



PRENATAL YOGA

50 HOURS

By IYO® International Yoga Organisation

A. THEORITICAL FOUNDATIONS

- Understanding Pregnancy
- Anatomy & Physiology of Pregnancy
- Stages of Pregnancy & Trimester Guidelines
- Common Discomforts & Yogic Management
- Contraindications & Precautions
- Role of a Prenatal Yoga Teacher

B. YOGIC PRACTICES

- Asana Practices for Each Trimester
- Breathing Practices (Pranayama)
- Relaxation & Meditation
- Mantra, Affirmations & Visualization

C. TEACHING METHODOLOGY

- Sequencing & Class Planning
- Cueing & Adjustments
- Props & Their Use
- Creating a Safe & Supportive Space
- Ethical Considerations

D. PRACTICUM & ASSESSMENT

- Practicum / Teaching Practice
- Observation & Feedback
- Assessment & Certification

🕒 TOTAL: 50 HOURS

By IYO® International Yoga Organisation

02



POST-NATAL YOGA

50 HOURS

By IYO® International Yoga Organisation

A. THEORITICAL FOUNDATIONS

- Postpartum Body & Mind
- Stages of Postpartum Recovery
- Physical & Emotional Changes
- Common Challenges & Yogic Solutions
- Contraindications & Precautions
- Role of a Post-Natal Yoga Teacher

B. YOGIC PRACTICES

- Asana Practices for Recovery
- Breathwork (Pranayama)
- Core & Pelvic Floor Awareness
- Relaxation & Meditation
- Self-Care Practices

C. TEACHING METHODOLOGY

- Sequencing & Class Planning
- Modifications & Progressions
- Props & Support
- Working with Diastasis Recti
- Creating a Safe & Supportive Space

D. PRACTICUM & ASSESSMENT

- Practicum / Teaching Practice
- Observation & Feedback
- Assessment & Certification

🕒 TOTAL: 50 HOURS

By IYO® International Yoga Organisation

03



GARBH SANSKAR

50 HOURS

By IYO® International Yoga Organisation

A. THEORITICAL FOUNDATIONS

- Concept & Significance of Garbh Sanskar
- Influence on Fetus & Future Generations
- Ayurvedic & Yogic Perspective
- Sanskar during Conception to Birth
- Role of Parents & Environment
- Science & Spirituality of Garbh Sanskar

B. YOGIC & HOLISTIC PRACTICES

- Asana for Body & Mind Balance
- Pranayama for Mother's Well-being
- Meditation & Visualization
- Mantra, Music & Sound Healing
- Positive Affirmations & Sankalpa

C. TEACHING METHODOLOGY

- Conducting Garbh Sanskar Sessions
- Counseling Skills
- Working with Couples & Families
- Creating a Holistic Environment
- Ethical Guidelines

D. PRACTICUM & ASSESSMENT

- Practicum / Teaching Practice
- Observation & Feedback
- Assessment & Certification

🕒 TOTAL: 50 HOURS

By IYO® International Yoga Organisation

PROGRAMME SUMMARY



TOTAL DURATION
150 HOURS



3 SPECIALISED
MODULES



INTERNATIONAL
CERTIFICATION



EMPOWERING TEACHERS. NURTURING MOTHERS. ELEVATING GENERATIONS.

