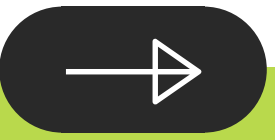
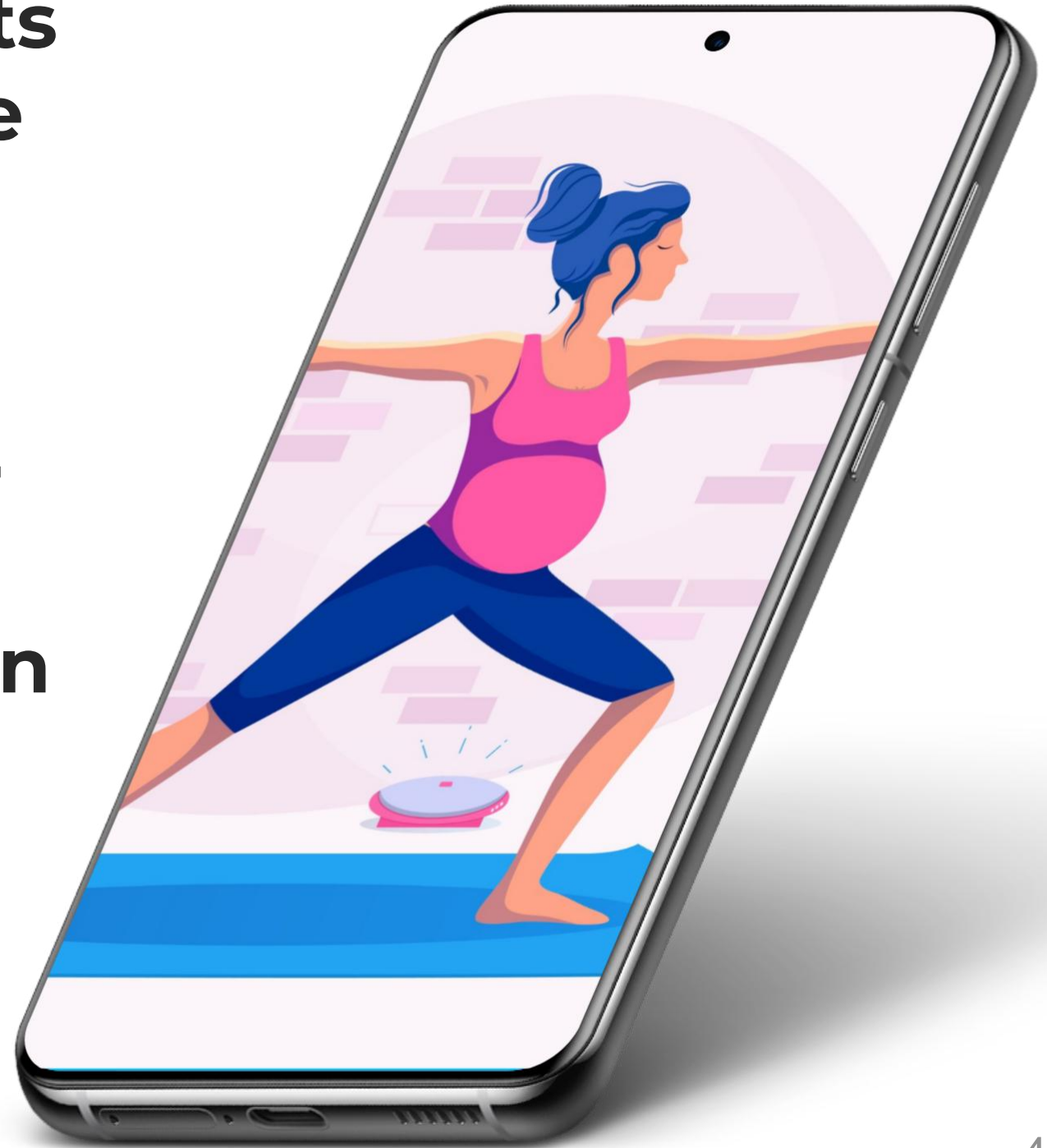
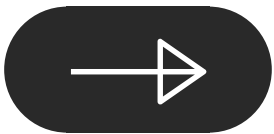


IYT® International Yoga Teacher Prenatal/Postnatal Yoga
Presentation Asana List





We ensure that our students master these Asanas before moving on to more advanced techniques. Our course provides detailed instruction and practice for teaching pregnant and postpartum women, with an emphasis on safety and proper alignment.





Asanas List for Yoga IYT® TTC Prenatal/Postnatal Yoga

Asana Names	आसन नाम
Sukhasana (Easy Pose)	सुखासन (आसान पोज)
Bharadvajasana (Bharadvaja's Twist)	भारद्वाजसना (भारद्वाज का ट्विस्ट)
Marjariasana (Cat Stretch)	मारजरियासन (कैट स्ट्रेच)
Adho Mukha Svanasana (Downward-Facing Dog)	अर्धो मुख संवासन (नीचे की ओर मुंह करने वाला कुत्ता)
Viparita Karani (Legs-up-the-Wall Pose)	विपरीता करणी (लेग्स-अप-द-वॉल पोज)
Balāsana (Child's Pose)	बालासन (बाल पोज)
Bhramari Pranayama (Bee Breath)	भ्रामरी प्राणायाम (मधुमक्खी सांस)
Tadasana (Mountain Pose)	ताड़ासन (पर्वत पोज)
Utkatasana (Chair Pose)	उत्कटासन (चेयर पोज)
Virabhadrasana II (Warrior II Pose)	वीरभद्रासन II (योद्धा II पोज)
Trikonasana (Triangle Pose)	त्रिकोणासन (त्रिकोण पोज)
Shavasana (Corpse Pose)	शवासन (शव पोज)
Chandra Namaskar (Moon Salutation)	चंद्र नमस्कार (चंद्र नमस्कार)



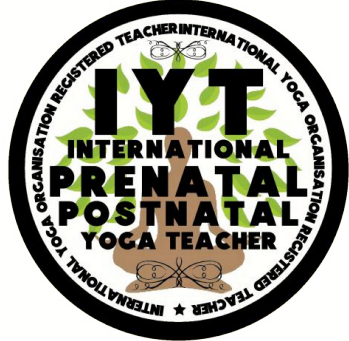
Asanas List for Yoga IYT® TTC Prenatal/Postnatal Yoga

Vrikshasana (Tree Pose)	वृक्षासन (वृक्ष पोज)
Virabhadrasana I (Warrior I Pose)	वीरभद्रासन I (योद्धा I पोज)
Ardha Chandrasana (Half Moon Pose)	अर्ध चंद्रासन (हाफ मून पोज)
Marjaryasana-Bitilasana (Cat-Cow Pose)	मार्जार्यासन-बिटिलासन (बिल्ली-गाय पोज)
Anjaneyasana (Low Lunge Pose)	अंजनेयासन (लो लंज पोज)
Setu Bandhasana (Bridge Pose)	सेतु बंधासन (ब्रिज पोज)
Dhanurasana (Bow Pose)	धनुरासन (धनुष पोज)
Savasana (Corpse Pose)	सवासना (शव पोज)
Vrikshasana (Tree Pose)	वृक्षासन (वृक्ष पोज)
Cat-Cow Stretch	बिल्ली-गाय का खिंचाव
Marjariasana (Cat Pose)	मारजरियासन (कैट पोज)
Bitilasana (Cow Pose)	बिटिलासन (गाय मुद्रा)
Adho Mukha Svanasana (Downward Facing Dog Pose)	अधो मुख संवासन (डाउनवर्ड फेसिंग डॉग पोज)
Balāsana (Child's Pose)	बालासन (बच्चे की पोज)



Asanas List for Yoga IYT® TTC Prenatal/Postnatal Yoga

Malasana (Garland Pose)	मलासन (माला पोज)
Upavistha Konasana (Seated Wide Angle Pose)	उपविष्टा कोणासन (बैठा हुआ वाइड एंगल पोज)
Janu Sirsasana (Head-to-Knee Forward Bend)	जानू सिरसाना (सिर से घुटने तक आगे की ओर झुकना)
Parivrtta Janu Sirsasana (Revolved Head-to-Knee Pose)	परिव्रत जानू सिरसाना (संशोधित सिर से घुटने तक की मुद्रा)
Badha Konasana (Butterfly Pose)	बधा कोणासन (तितली पोज)
Utthita Parsvakonasana (Extended Side Angle Pose)	उत्थिता पार्श्वकोणासन (विस्तारित पार्श्व कोण पोज)
Phalakasana (Plank Pose)	फालाकासन (प्लैंक पोज)
Chaturanga Dandasana (Four-Limbed Staff Pose)	चतुरंगा दंडासन (चार अंगों वाला कर्मचारी पोज)
Vasisthasana (Side Plank Pose)	वशिष्ठासन (साइड प्लैंक पोज)
Navasana (Boat Pose)	नवासन (नाव पोज)
Ardha Navasana (Half Boat Pose)	अर्ध नवासन (हाफ बोट पोज)
Setu Bandha Sarvangasana (Bridge Pose)	सेतु बंध सर्वंगासन (ब्रिज पोज)
Ustrasana (Camel Pose)	उष्टासन (कैमल पोज)



Asanas List for Yoga IYT® TTC Prenatal/Postnatal Yoga

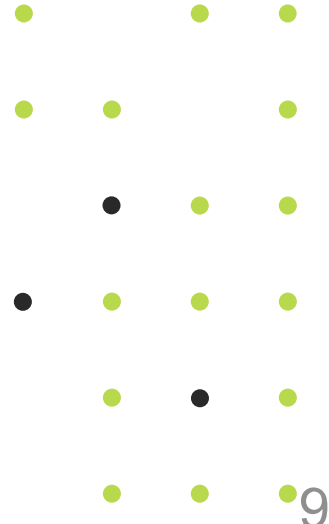
Marjarasana-Bitilasana (Flow between Cat and Cow Pose)	मरजरासन-बिटिलासन (बिल्ली और गाय की मुद्रा के बीच प्रवाह)
Adhomukha Shvanasana (Downward-Facing Dog Pose)	अधोमुख श्वानासन (डाउनवर्ड-फेसिंग डॉग पोज)

- ● ●
- ● ● ●
- ● ●
- ● ● ●
- ● ●



Invest in your future and join IYT® TTC Prenatal/Postnatal Yoga program today!

Become certified IYT® International Yoga Teacher
today!!



• • •
**Are you looking to make a
career in Yoga?**
• • •

• • •
**Enroll in our IYT® TTC
Prenatal/Postnatal Yoga
Certification program!
Our program will provide
you with the knowledge
and skills necessary to
become a successful IYT®
International Yoga
Teacher.**



• • •
Our comprehensive program includes a variety of Yoga poses and breathing exercises that are safe for pregnant women to practice. You will have the opportunity to learn from experienced and certified Obstetrician-Gynecologist who are passionate about sharing their knowledge with others.



Upon completion of the program, you will receive the certification of IYT International Yoga Teacher Prenatal/Postnatal Yoga from IYO International Yoga Organisation, which is recognized internationally in 195 countries and highly respected within the Yoga community. With this certification, you will be able to teach IYT International Yoga Teacher Prenatal/Postnatal Yoga classes, workshops, and retreats anywhere in the world.



An illustration of a pregnant woman with blue hair in a bun, wearing a red tank top and dark blue leggings, performing a yoga pose with arms extended horizontally. To her left is a green monstera plant in a yellow pot. In front of her is a small grey diffuser with blue light rays. The background is light green with faint brick patterns and a grid of white and black dots in the top left corner.

THANK YOU!