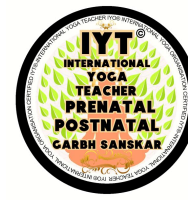


# IYT<sup>®</sup>-International Yoga Teacher Prenatal/Post-Natal/Garbh Sanskar Certification Program

Comprehensive Yoga Training for Mothers and Babies

By IYO<sup>®</sup> International Yoga Organisation



# Presentation Overview



## Program Overview

The program overview will provide an introduction to the program's objectives and benefits, setting the stage for the rest of the presentation.

## Prenatal Care

The prenatal care section of the program will focus on providing expectant mothers with the information and resources they need to have a healthy and successful pregnancy.

## Postnatal Care

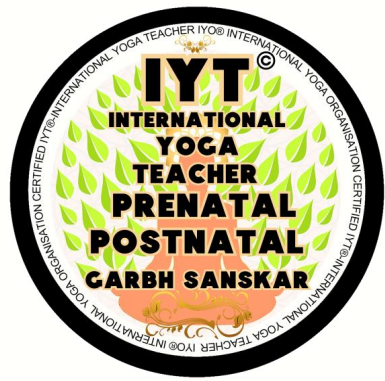
The postnatal care section of the program will focus on providing new mothers with the information and resources they need to care for themselves and their newborns.

## Garbh Sanskar

The Garbh Sanskar section of the program will focus on providing information and resources to promote the health and development of the fetus during pregnancy.

## Program Benefits and Outcomes

The program benefits and outcomes section will provide a summary of the program's key benefits and outcomes, outlining how the program can improve the health and wellbeing of expectant and new mothers and their babies.



## IYT®-International Yoga Teacher Prenatal/Post-Natal/Garbh Sanskar Certification

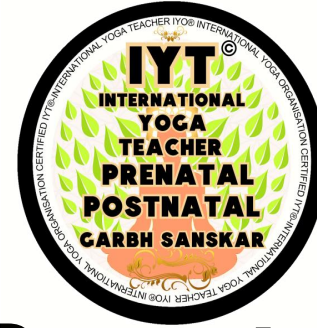
### Benefits of Prenatal Yoga

Prenatal yoga offers numerous benefits to expectant mothers, including stress relief, improved sleep, reduced back pain, and increased flexibility and strength.

### Prenatal Yoga Techniques

The prenatal yoga teacher certification program covers various techniques, including modified poses, breathwork, relaxation, and meditation, to help expectant mothers prepare their bodies and minds for childbirth.





# Benefits of Prenatal Yoga Practice

## Improved Physical Health

Prenatal yoga practice can help improve physical health during pregnancy by reducing back pain, improving sleep, increasing flexibility and strength, and helping pregnant women prepare for childbirth.

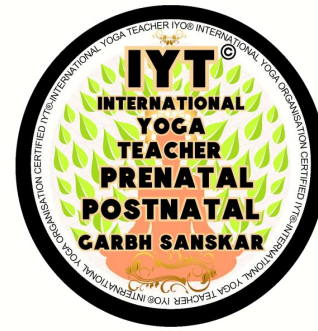
## Reduced Stress and Anxiety

Prenatal yoga practice can help reduce stress and anxiety during pregnancy by promoting relaxation, mindfulness, and deep breathing techniques.

## Strengthened Emotional Bonds

Prenatal yoga practice can help strengthen the emotional bond between the mother and the baby by promoting mindfulness and deep breathing techniques that can be used during labor and delivery.





# Prenatal Yoga Practice Techniques

## Modified Yoga Poses

Prenatal yoga classes include modifications to traditional yoga poses to make them safe and comfortable for expectant mothers.

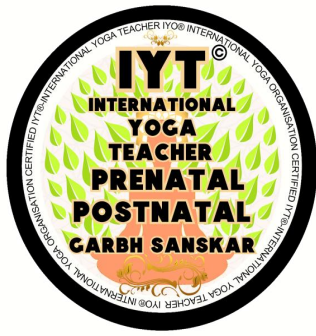
## Breathing Techniques

Breathing techniques are a key component of prenatal yoga practice. They can help expectant mothers relax, manage stress, and cope with pain during labor.

## Relaxation Techniques

Prenatal yoga classes also teach relaxation techniques such as guided meditation and visualization to help expectant mothers reduce stress, anxiety, and depression.

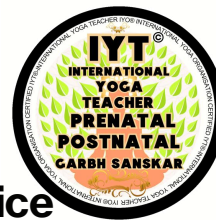




# IYT®-International Yoga Teacher Prenatal/Post-Natal/Garbh Sanskar Certification

The postnatal yoga teacher certification program is designed to help students teach yoga to new mothers by providing them with the necessary knowledge and techniques. It explores the benefits of postnatal yoga practice and teaches students how to create safe and effective classes for new mothers.





# Postnatal Yoga Practice Techniques

## Benefits of Postnatal Yoga Practice

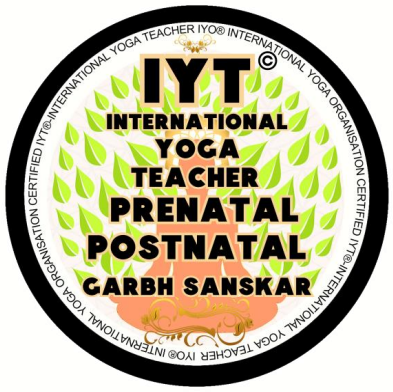
Postnatal yoga practice can help new mothers recover from childbirth, manage stress and anxiety, and improve physical health. It's a great way to stay active and connected with your body.

## Modifications to Traditional Yoga Poses

Postnatal yoga practice involves modifications to traditional yoga poses to accommodate a new mother's changing body and physical condition. It minimizes the risk of injury and maximizes the benefits of yoga practice.

## Breathing Techniques

Breathing techniques are an important part of postnatal yoga practice. They can help new mothers relax, reduce stress and anxiety, and connect with their bodies and their babies. IYT International Yoga Organisation



# Benefits of Postnatal Yoga Practice

## Improved Physical Health

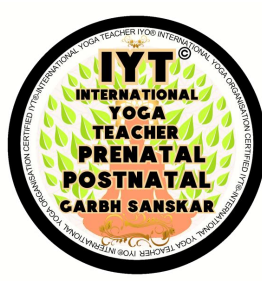
Postnatal yoga practice can help new mothers improve their physical health by strengthening their core muscles, improving flexibility and balance, and reducing back pain commonly associated with the postpartum period.

## Reduced Stress and Anxiety

Postnatal yoga practice can help new mothers reduce stress and anxiety by promoting relaxation, improving mood, and reducing symptoms of postpartum depression.

## Improved Sleep

Postnatal yoga practice can help new mothers improve their sleep by promoting relaxation, reducing stress and anxiety, and improving overall physical health.



# IYT® Garbh Sanskar Yoga Teacher Certification

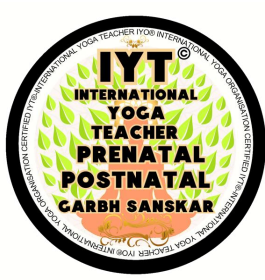
## Garbh Sanskar Yoga Certification

The IYT® Garbh Sanskar yoga teacher certification program is designed to help students teach yoga practices to expectant mothers and their babies. The program covers the concepts of Garbh Sanskar, including pre-conception care, prenatal care, and postnatal care.

## Yoga Techniques for Expectant Mothers

The program covers various yoga techniques that can help expectant mothers during pregnancy, such as asanas, pranayama, and meditation. These techniques can help reduce stress and anxiety, improve sleep, and prepare the body for childbirth.

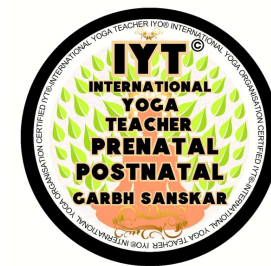




# What is Garbh Sanskar?

Garbh Sanskar is an ancient Indian practice of nurturing a child in the womb through various rituals, mantras, and exercises, aimed at promoting physical, mental, and spiritual development. It is believed to have a positive impact on the child's health, intellect, and personality.





# Garbh Sanskar Techniques



## Yoga Poses

Garbh Sanskar yoga certification program includes various yoga poses to help expectant mothers improve flexibility and strengthen the muscles.

## Breathing Techniques

Garbh Sanskar yoga certification program teaches various breathing techniques that help expectant mothers cope with stress, anxiety, and discomfort during pregnancy.

## Meditation Practices

Garbh Sanskar yoga certification program includes various meditation practices that help expectant mothers connect with their babies, reduce stress, and promote relaxation.

# Conclusion

The International Yoga Teacher Prenatal/Post-Natal/Garbh Sanskar certification program provides numerous benefits including improved physical health, reduced stress and anxiety, and strengthened emotional bonds between the mother and the baby.



**After completing this course, students receive both soft and hard copies of their IYT<sup>®</sup>-International Yoga Teacher Prenatal/Post-Natal/Garbh Sanskar certification from the IYO<sup>®</sup> International Yoga Organisation. This helps obtain employment opportunities in both the public and private sectors. Furthermore, 195 nations accept this accreditation.**

