



# **PRENATAL YOGA PROGRAM**



## **PROGRAM DETAILS**



**Prenatal Yoga Program offers expecting mothers a gentle and effective way to stay active, relaxed, and connected with their changing bodies throughout pregnancy**

**FIRST TRIMESTER (MONTH 1-3)**

**During the first trimester, focus on gentle yoga practices that help alleviate nausea, fatigue, and stress while supporting the early stages of pregnancy**

**SECOND TRIMESTER (MONTH 4-6)**

**During the second trimester, focus on maintaining strength, flexibility, and balance while accommodating the growing belly**

**THIRD TRIMESTER (MONTH 7-9)**

**During the third trimester, focus on gentle movements, relaxation, and preparation for childbirth**

**This 7 Month Online Program offers the flexibility and convenience to engage with the program at your own pace, whenever and wherever it suits you.**



## **INTRODUCTION**

**We understand the importance of nurturing both your body and mind during this transformative time. Introducing "Prenatal Program" - our exclusive prenatal yoga and naturopathy program designed to support you every step of the way**

**Imagine a program tailored specifically to meet the unique needs of expectant mothers like you. Yogtec offers a holistic approach that combines the ancient wisdom of yoga with the healing power of naturopathy. Our comprehensive curriculum is meticulously crafted to promote physical vitality, emotional well-being, and spiritual connection throughout your pregnancy**

**Prenatal yoga offers expecting mothers a gentle and effective way to stay active, relaxed, and connected with their changing bodies throughout pregnancy. Tailored specifically for pregnant women, prenatal yoga focuses on poses and techniques that promote strength, flexibility, and emotional well-being while addressing the unique physical challenges of pregnancy**



## **HOW OUR PROGRAM HELPS IN HEALING**

### **Expert Guidance**

Led by experienced instructors specializing in prenatal yoga and naturopathy, our program provides expert guidance and personalized support to ensure a safe and enriching experience for you and your baby.

### **Gentle Yoga Practices**

Our gentle yoga sequences are thoughtfully curated to alleviate common discomforts of pregnancy, strengthen your body, and prepare you for the miracle of childbirth.

### **Breathwork and Relaxation**

Learn essential breathing techniques and relaxation exercises to reduce stress, enhance sleep quality, and foster a deep sense of tranquility, both during pregnancy and labor.

### **Naturopathic Wisdom**

Explore natural remedies, nutritional guidance, and lifestyle modifications rooted in naturopathic principles to optimize your health and well-being during this sacred time.



### **Community Support**

**Connect with a supportive community of expectant mothers, share experiences, and celebrate the joys of pregnancy together in a nurturing and empowering environment.**

**We provide flexible catering of time slots to the client , in accordance to thier time zones and time slots they want to enroll . So no need to worry about different times zones , we got you covered !**

**We are catering our services in Timezones -:**

**INDIA  
US (CST,EST,PST)  
AUSTRALIA  
UNITED KINGDOM  
UAE**



## **YOGA SESSIONS WITH BEST HEALERS**

**Your pregnancy journey is a precious time filled with wonder, anticipation, and love. With “YOGTEC”**

**PRENATAL YOG  
PRENATAL VINYASA YOG  
PELVIC FLOOR (KEGEL)  
KARMA YOG**

**Your pregnancy journey is a precious time filled with wonder, anticipation, and love. With “Yogtec” , let us accompany you on this incredible odyssey, guiding you towards a radiant and empowered pregnancy experience. Join us at [Yogtec] and embark on the path to radiant beginnings today. Because every mom-to-be deserves to feel empowered, nurtured, and radiant throughout her pregnancy journey. Elevate your pregnancy experience with “Yogtec”. Enroll now and embrace the beauty of motherhood with grace and joy**



## **NATUROPATHY**

### **What would be provided in Naturopathy Counselling**

- **Explore natural remedies**
- **Lifestyle modifications rooted in naturopathic principles to support in PREGNANCY**
- **We offer practical and effective strategies to help you manage your condition naturally**

## **NUTRITIONIST**

### **What would be provided in nutrition Counselling**

- **Expertise, nutritionists empower patients to adopt healthy eating habits**
- **Create balanced meal plans**
- **Weekly diet plan**
- **Helping individuals make informed food choices**





**THANK YOU**