

GARBHINI

YOGA FOR PREGNACY

JANUARY
TO
MAY 2014

Pregnancy is one of the most special and magical moments in a woman's life. Yet this period of time could also prove to be the most challenging.

Healers of most traditional systems of medicine strongly believed that the state of wellbeing of the mother had great influence on the development of good characteristics in the child. To facilitate this they developed holistic practices and lifestyle suggestions that would address the holistic health of the mother.

Yoga and Ayurveda are two such disciplines that have explored this theme extensively. They understood very well that in each of the stages of pregnancy - from pre-conception, pregnancy, and post-delivery, - the mother and the child needed optimal care that respected the changing dynamics of gestation and post partum.

This online seminar series of five meetings will present key principles of Yogatherapy and Ayurveda to understand the different stages of pregnancy, and also what practices are suitable during each of the five stages of - **pre-conception, first trimester, second trimester, third trimester, and post delivery.** Participants will also learn what kind of Āsana-s, Prāṇāyāma, Meditation, Mantra-s, dietary lifestyle choices and other tools are suitable during each of these stages.

Each meeting will total an approximate duration of two and half hours. All sessions will be conducted through Skype Audio mode. Assistive handouts will also be provided.

Dates

Tuesdays

21 Jan, 18 Feb, 18 Mar, 15 Apr, 20 May

5:00 - 7:30pm IST

All times are Indian Standard Time (IST), which is GMT+5:30 hours.

Investment

€67.60 per meeting.

Cost includes payment for sessions including audio recordings of each session only. Payment must be made prior to the each session. Payments will have to be made only through **Paypal.**

Interested participants can kindly send your **Full name, Email Id** to

yoga@kausthub.com

