



# UJJAYI YOGA FITNESS

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#28, Shree Durga Arcade, Behind Bata Show Room Sarjapur road, Kaikondrahalli Bangalore - 560035

## □ 85-Hours Prenatal & Postnatal Yoga TTC – Summary & Benefits

Ujjayi Yoga Fitness, in collaboration with OM Yoga International, Rishikesh, offers a comprehensive 85-Hours Prenatal & Postnatal Yoga Teacher Training Course designed for yoga teachers and passionate practitioners who wish to specialize in maternal wellness.

### 📖 What You Will Learn:

- Pregnancy Yoga Philosophy – Ancient knowledge & yogic approach to motherhood
- Anatomy & Physiology – Scientific understanding of pregnancy changes
- Pregnancy Asanas – Safe trimester-wise practices
- Pranayama – Breathing techniques for balance & labor preparation
- Garbh Samskara – Ayurvedic prenatal care principles
- High & Low Risk Pregnancy Awareness
- Diet & Nutrition During Pregnancy & Postpartum
- Infertility Support Module
- Labor Preparation & Birthing Techniques
- Postnatal Recovery – PPD awareness & lactation support
- Teaching Methodology – Lesson planning & safety guidelines

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### 📅 Daily Schedule Highlights (2-3 hrs/day):

- 1 Hour Theory – Breathing techniques for balance & labor preparation.
- 1 Hour Practical Prenatal Yoga – Trimester-wise asanas, safe alignment & modifications.
- 1 Hour Self-Practice / Teaching Practice.

### 📅 Course Duration: 30 Days

Certification: Recognized 85-Hours TTC Certificate upon successful completion

### 💡 How This Course Will Help You Grow:

- Become a certified Prenatal & Postnatal Yoga Teacher.
- Expand specialization in maternal wellness.
- Confidently guide expecting mothers safely.
- Create structured prenatal & postnatal classes.
- Open new career opportunities in maternity wellness

### 💰 Course Fee:

Regular Price: ₹18,000