

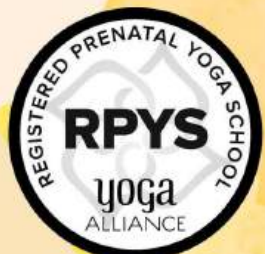
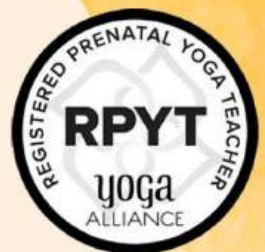


85-HOUR ONLINE

PRENATAL & POSTNATAL

YOGA TEACHER TRAINING COURSE

**Om Yoga International,
Rishikesh (Yoga Alliance Accredited)**



Course Overview & Key Details

The Online Prenatal & Postnatal Yoga Training Course is a specialized, comprehensive program designed for yoga teachers, doulas, fitness professionals, and expecting mothers. It is suitable for anyone interested in supporting women through the physical and emotional changes of pregnancy and the postpartum period.

Pre-Conception & Infertility: Going beyond standard pregnancy care, this course provides a holistic foundation by addressing Infertility and Pre-Conception care. We equip you with the knowledge to support women before pregnancy, using yogic techniques to boost fertility, prepare the body for conception, and ensure a healthy start to the journey of motherhood.

This course covers safe and effective yoga practices to support strength, flexibility, relaxation, and recovery, prioritizing both the mother's well-being and the baby's health.

Key Course Information

- ✓ **Total Duration:** 30 Days (85 Hours)
- ✓ **Mode:** Online (Hybrid)
 - 55 Hours:** Live, interactive Zoom sessions
 - 30 Hours:** Self-paced learning
- ✓ **Live Class Timings:** 02:00 PM – 04:30 PM (IST), Monday – Friday
- ✓ **Batch Size:** Limited to 15-20 students to ensure personalized attention.
- ✓ **Prerequisites:** A 200-hour YTTC certificate or some prior knowledge of yoga is recommended.
- ✓ **Language of Instruction:** English & Hindi
- ✓ **Yoga Styles:** Prenatal Yoga, Postnatal Yoga, Restorative Yoga
- ✓ **What's Included:** 1-year access to all class recordings.

Prenatal & Postnatal YOGA

Course Dates & Fees (2026)

We offer several batches throughout the year. The first batch of 2026 features a special 25% Early Bird Discount.

Start Date	End Date	Fee (USD)	Fee (INR)
01st Feb 2026	02nd Mar 2026	\$235 / \$177	INR 20,000 / INR 15,000
01st May 2026	30th May 2026	\$235	INR 20,000
01st Aug 2026	30th Aug 2026	\$235	INR 20,000
1st Nov 2026	30th Nov 2026	\$235	INR 20,000



Instructors & Core Curriculum

Meet Your Instructors



Ruchika Sharan
Lead Trainer



Mr. R Sharan
Pranayama & Meditation



Dr. Anu Antony
Garbh Sanskara & Nutrition & Diet



Shweta Solanki
(Practical Session)

Core Curriculum Overview

This 85-hour course provides a deep and comprehensive study of yoga for pregnancy and beyond. The curriculum is divided into the following key modules:

Pregnancy Yoga Philosophy

- ✓ Understanding pregnancy as a divine journey.
- ✓ Guidelines for safe yoga practice during pregnancy.
- ✓ Benefits of yoga for pre-conception, antenatal, and postnatal phases.
- ✓ Vedic scriptures' view on pregnancy and appropriate diet.

Pregnancy Yoga Anatomy

- ✓ Detailed study of the female pelvic floor and male & female reproductive system.
- ✓ Understanding the phases of menstruation.
- ✓ Physiological, hormonal, and physical changes in the mother during each trimester.
- ✓ Fetal development, the birthing process (all 3 stages), and understanding C-sections vs. normal delivery.

Infertility

- ✓ Exploring anatomical and yogic causes of infertility.
- ✓ A holistic approach including detoxification (Shatkarmas), dietary remedies, and lifestyle improvements.
- ✓ Specific Asanas, Pranayama, and Mudras to boost fertility and support reproductive health for both partners.

Garbh Samskara

(The Science of Ayurveda)

- ✓ Learn about Menstrual Care (Rajaswala Paricharya)
- ✓ The Ayurvedic science of fetus formation (Garbha).
- ✓ Physical and mental preparation for the couple (Bija Sanskara).
- ✓ Trimester-wise diet, antenatal care (Garbhini Paricharya), and postnatal care (Sutika Paricharya).

Core Curriculum Overview (Continued)

Handling Complications During Pregnancy

- ✓ A holistic and yogic approach to managing common complications.
- ✓ **Topics include:** Irregular Menstrual Cycles, PCOS, Prolapsed Uterus, IVF/IUI support, Gestational Hypertension & Diabetes, Placenta Previa, Breech Baby, and managing discomforts like back pain.

Prenatal Asanas

- ✓ Designing safe classes for all stages of pregnancy.
- ✓ **Includes:** Sukshma Vyayama (subtle exercises), Restorative Yoga, modified Surya Namaskara, and modifications for standing, seated, and supine poses.

Prenatal Pranayama & Meditation

- ✓ Physiology and importance of breathing practices.
- ✓ **Techniques include:** Nadi Shodhan, Ujjayi, Sheetal, Sheetkari, and Bhramri.
- ✓ Meditation practices such as Yog Nidra, Baby Connection Meditation, Trataka, and Positive Affirmations.

Postnatal Care

- ✓ Understanding postnatal physiology and identifying postpartum depression.
- ✓ Guidelines for safely initiating yoga practice after normal delivery vs. a C-Section.
- ✓ Postnatal dietary regimes and the importance of breastfeeding.

Teaching Methodology & Lesson Planning

- ✓ Qualities of a good prenatal yoga teacher.
- ✓ Ethical guidelines for the student-teacher relationship.
- ✓ Practical skills for planning, organizing, and managing prenatal and postnatal yoga classes.



Labor & Birth Preparation

- ✓ **The Birthing Process:** Understanding all 3 stages of labor in detail.
- ✓ **Delivery Methods:** Understanding C-Sections vs. Normal delivery.
- ✓ **Labor Asanas:** Specific yoga postures and movements to prepare the body for labor.
- ✓ **Pain Management:** Breathing and relaxation techniques for labor endurance.

Certification & Evaluation

- ✓ **Evaluation:** Final assessment is based on commitment and punctuality, class performance, a prenatal/postnatal case study, and a 25-30 minute practical teaching test.
- ✓ **Certification:** Upon successful completion, participants will be awarded the 85-hour Prenatal Yoga Instructor Certificate, which is registered with and recognized by Yoga Alliance, USA (RPYT).

Contact & Registration

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