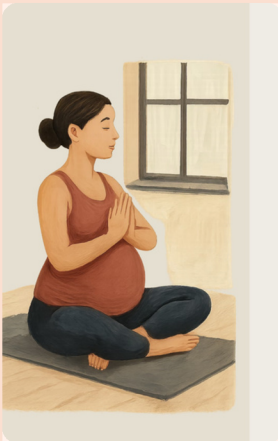


RPYT TTC · 2026

85-HOUR PRENATAL & POSTNATAL.

YOGA TEACHER TRAINING

Online Teacher Training Course. Trimester-aware adaptation, fertility & postnatal recovery, anatomy & pranayama. Live from Rishikesh in English & Hindi.



FOR MOTHERS, BY TEACHERS

What you'll teach.

- ✓ Trimester-wise asana adaptation
- ✓ Fertility & postnatal recovery
- ✓ Pranayama & meditation
- ✓ Labor & birth preparation
- ✓ Garbh Samskara & Ayurveda
- ✓ Anatomy of the pelvic floor & spine
- ✓ Handling complications & PCOS
- ✓ Teaching methodology & lesson planning
- ✓ ... and much more across 10 modules

RYS REG. NO. 240279 · YACEP CONTINUING EDUCATION · BILINGUAL

85hours
TOTAL HOURS

30 Days





WHY THIS WORK MATTERS

PREGNANCY NEEDS THOUGHTFUL ADAPTATION.

Pregnancy places unique physical and emotional demands on the body. Generally yoga cannot simply be applied without thoughtful adaptation, yet many women move through this time without access to teachers who truly understand these changes.

01 · ADAPT

Adapt with Confidence

Safely modify practices for each stage of pregnancy, knowing when to adjust and when to avoid.

02 · ADDRESS

Address Real Discomforts

Support back pain, fatigue, breathlessness, and emotional shifts with grounded, evidence-informed tools.

03 · BRIDGE THE GAP

Work with the realities of the body.

This training prepares you to work with the realities of the body during this phase, not around them.



WHO THIS PROGRAM IS FOR

FOR THOSE WHO GUIDE **WOMEN** WITH CARE.

A professional training for those who want to guide women through pregnancy and recovery with more confidence, nuance, and care.

01 • TEACHERS

Yoga Teachers

Specialize in prenatal and postnatal yoga and expand your scope of practice with depth and safety.

02 • PROFESSIONALS

Fitness & Wellness Pros

Practitioners working with women who want structured, responsible guidance for this phase of life.

03 • CAREGIVERS

Doulas & Caregivers

Those supporting women through pregnancy and recovery who want a richer movement and wellness toolkit.

04 • FOR YOU

Curious Women

Anyone seeking a structured, deeper understanding of their own body through this extraordinary phase.



WHAT YOU WILL TAKE AWAY

PRACTICAL SKILLS FOR REAL TEACHING.

This training is designed to be deeply practical, helping you teach, guide, and support with confidence, clarity, and care.

01**Trimester-Wise Clarity**

Understand how each stage of pregnancy affects movement, breath, and the nervous system.

02**Asana Adaptation**

Practical tools to modify postures for diverse bodies, conditions, and comfort levels.

03**Fertility & Recovery**

Support hormonal balance, fertility, and postnatal healing with targeted yogic practices.

04**Pranayama & Meditation**

Guide breath, relaxation, and meditation practices specific to this sensitive phase of life.

05**Special Considerations**

Navigate PCOS, IVF support, gestational concerns, and other conditions with awareness and care.



WHAT YOU WILL STUDY · MODULES 01 TO 05

PHILOSOPHY, ANATOMY, AND THE BODY.

A structured curriculum that weaves yogic philosophy with anatomy, fertility science, and Ayurvedic tradition, before moving to trimester-wise practice.

01 Pregnancy Yoga Philosophy

The yogic perspective on pregnancy, including the role of awareness, balance, and responsibility in guiding this phase of life.

02 Pregnancy Yoga Anatomy

Anatomical and physiological changes during pregnancy, with focus on the pelvic floor, spine, and hormonal shifts.

03 Infertility

Common causes of infertility and how yoga can support reproductive health through movement, breath, and lifestyle awareness.

04 Garbh Samskara (Ayurveda)

Traditional practices that support maternal wellbeing and fetal development through diet, lifestyle, and mental conditioning.

05 Handling Complications During Pregnancy

Common pregnancy-related concerns and how to adapt yoga practices safely in such situations.



WHAT YOU WILL STUDY · MODULES 06 TO 10

PRACTICE, BIRTH, AND BEYOND.

The applied portion of the curriculum: trimester-wise asana, breathwork and meditation, birth preparation, postnatal recovery, and teaching methodology.

06

Prenatal Asanas

Trimester-wise asana practices, including modifications and safe sequencing for different stages of pregnancy.

07

Prenatal Pranayama & Meditation

Breathwork and meditation techniques that support relaxation, emotional balance, and connection during pregnancy.

08

Labor & Birth Preparation

Prepare the body and mind for childbirth through movement, breath awareness, and supportive positioning techniques.

09

Postnatal Care

Recovery, healing, and gradual rebuilding of strength after childbirth through appropriate practices.

10

Teaching Methodology & Lesson Planning

Skills to structure and teach prenatal and postnatal classes with clarity, safety, and confidence.



PROGRAM AT A GLANCE

A FOCUSED, INTIMATE TRAINING.

A focused, intimate online training built for real-world application, from anywhere in the world. 55 live Zoom sessions plus 30 hours of self-paced study.

TOTAL HOURS

85 Hours

55 live Zoom sessions + 30 hours self-paced study.

SCHEDULE

Mon to Fri

2:00 to 4:30 PM IST. 30 days end-to-end.

COHORT

15 to 20

Intimate batch for personalised attention.

LANGUAGE

English

Bilingual instruction. Course manual included.

UPCOMING BATCHES · 2026

BATCH	DATES	STATUS	FEE
August 2026	01 Aug to 30 Aug	Early Bird	₹15,000 / \$177 ₹20,000 / \$235
November 2026	01 Nov to 30 Nov	Regular	₹20,000 / \$235

Limited seats per batch. Reserve your place early.



MEET YOUR FACULTY

EXPERIENCED PRACTITIONERS.

Learn from experienced practitioners who bring depth of knowledge and real-world teaching experience to every session.



**Ruchika
Sharan**

LEAD TRAINER

Prenatal & postnatal yoga specialist.



**Mr. R
Sharan**

PRANAYAMA &
MEDITATION

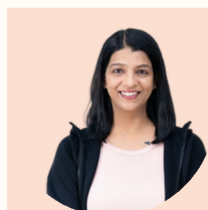
Breathwork for pregnancy.



**Dr. Anu
Antony**

NUTRITION &
GARBH
SANSKAR

Maternal health expert.



**Priyankee
Guliani**

PRACTICAL
TRAINING

Hands-on yoga practice.



YOUR CERTIFICATION

A GLOBALLY RECOGNIZED CREDENTIAL.

Upon successful completion you receive the 85-Hour Prenatal & Postnatal Yoga Teacher Training Certificate from Om Yoga International, Rishikesh, registered with and recognised by Yoga Alliance, USA (RPYT).



SAMPLE · OM YOGA INTERNATIONAL · RPYT YOGA ALLIANCE USA

RPYT Certified

Recognised internationally by
Yoga Alliance, USA.

Lifetime Valid

Certificate valid for life. 1-year
access to all class recordings.

Teach Globally

Qualify to teach prenatal yoga
anywhere in the world.



READY TO BEGIN

BEGIN YOUR PRACTICE.

This training is for those who want to approach this sacred phase of life with greater responsibility, understanding, and care. If this work speaks to you, the next step is simply to apply.

EARLY BIRD

₹15,000 / \$177

August 2026 batch only

REGULAR

₹20,000 / \$235

All subsequent batches

EMAIL US

info@omyogainternational.com

CALL / WHATSAPP

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+91 70600 04944

VISIT WEBSITE

omyogainternational.com



Registration and payment
(USD)



Registration & Payment