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Ref. No.:

Date:

**SWASTI YOGA**  
**PREGNANCY YOGA TTC SYLLABUS**

1. Name of the Certification: Pregnancy Yoga Teacher

2. Requirement/ Eligibility:

For admission in the course it is suggested/ desired that the candidate should be graduate in any stream from a recognized University or equivalent. However, the Yoga Institutions can define their own eligibility.

3. Brief Role Description: Master Trainers in hospitals, healthcare and wellness centers, maternity clinics and fitness centers who work or want to work with pregnant women and women after giving birth. Trainers can modify yoga practice for your "regular" students who got pregnant helping them cope up with the stress and changes due to pregnancy and improving the output and quality of life of mother and child. They will also be conducting special prenatal/postnatal programs for women who have never practiced yoga before.

4. Minimum age: No age limit

5. Personal Attributes: The job requires individual to have good communication skills, time management skills and ability to understand the body language of the children and students.

The job requires individual to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency, engaging with students, dedication to teaching, ability to build caring relationships with students, friendliness and approachability, Independent, credible, analytical skills etc.

6. Duration of course: Not less than 100 hours or not less than 2 months as part time.

Direct Contact hours: 25 hours, Indirect Teaching hours: 75

## 7. Mark Distribution:

Total Marks: 200 (Theory: 80+Practical – 120)

### Theory

Unit No.	Unit name	Marks
1	Foundation of Pregnancy Yoga	20
2	Introduction to Yogic techniques for pregnancy	20
3	Yoga in labor and post natal care	20
4	Applied Yoga	20
	Total	80

### Practical

S No.	Practical Work	Marks
1	Demonstration Skills	60
2	Teaching Skills (art of safe pregnancy yoga)	20
3	Evaluation Skill	20
4	Application of knowledge in ANC, PNC	10
5	Field Experience in clinics and hospitals	10
	Total	120

Syllabus:

### Foundation of Pregnancy Yoga

#### Female Anatomy and Physiology

- Female reproductive system
- Ovaries (gonads)
- Uterine tubes (fallopian tubes)
- Uterus
- Vagina
- Vulva
- Mammary glands
- Female reproductive cycle

#### Understanding of anatomy and physiology during

- Gestation
- Stages of pregnancy- maternal changes
- Psychological considerations during pregnancy
- Labor

- Post natal changes
- Embryonic development
- Foetal changes

Complications (Miscarriage, Premature Labor, Preeclampsia)

Myths and fallacies about pregnancy and child birth

### **Yoga Philosophy, Lifestyle and Ethics**

- 8 limbs of yoga
- Essence of bhagavad gita.
- Mother's Unconditional Love (Bhakti Yoga)
- Stress & its yogis management (Karma Yoga)
- Myths and fallacies about yoga in pregnancy
- Research on yoga in pregnancy
- Yogic philosophical view on pregnancy and motherhood
- How to maintain happy and healthy state in pregnancy

### **Introduction to Yogic techniques in Pregnancy**

- Yoga practices dedicated to each trimester, including asanas, pranayama & chanting, meditation
- Techniques related to breathing for Pregnant women
- Contraindications and benefits of asanas & pranayama techniques during each trimester of pregnancy
- Adjustments and alignment during pregnancy
- Modification of a yoga practice during pregnancy

Yogic Lifestyle

Yogic and Ayurvedic Diet in pregnancy

- Healthy Foods
- Foods to Avoid
- Nutrients that help during Pregnancy

Mantra chanting during pregnancy

- Mythology and stories listening: Patanjali, Swami Vivekananda, Aurobindo

Sex during Pregnancy

- Allowed or not

- Special care during relationship

### **Yoga in Labor and Postpartum**

- Yogic support and preparation for the labor and postpartum period
- Sequencing safe prenatal and postnatal yoga classes
- Postnatal yoga practice - asanas, sequencing, techniques for the recovery after birth
- Conscious parenting
- Yoga as a Way of Life for Stress Management
- ✓ Ahara
- ✓ Vihara
- ✓ Achara
- ✓ Vichara
- ✓ Vyavahara
- Concepts of healthy living in Bhagwad Gita, Patanjali Yoga sutras and Hatha Yoga Pradipika to fight postpartum depression
- **Caring New born baby**
- Food after 6 month
- Mantra for baby
- Special care

### **Practical:**

- In pairs
- In small groups
- In a big group

### **Early pregnancy (first 1-3 month)**

Shoulder stretches

Sitting stretches

Vajrasana (The Thunderbolt)

Trikonasana (Easy Triangle)

Sarvangasana (Shoulderstand)

Pregnancy Sun-salutation

Yoga Nidra

### **Mid Pregnancy (4-6 month)**

Easy Kneeling stretches



Standing twists  
Standing Hip openers  
Sitting stretches  
Wide-open stretches  
Pelvic floor stretches  
Pregnancy Surya namaskar  
Warrior 1 & 2  
Tree pose  
Shavasana

### **Late Pregnancy (7-9 month)**

Sitting stretches  
Wide Kneeling Stretches  
Yoga For better sleep  
Alignment of spine  
Chair Sun salutation

Breathing practices for Pregnant women

Nadishodhanam

Bhramari

Surya and Chandrabhedan

Ujjayi

Healing pranayama

### **Pelvic Floor Awareness**

Cautions and conditions

### **Videos watching**

The function of the womb

Stages of pregnancy

### **Ayurveda Massage of pregnant women**

Feet massage

Head massage

Womb / Belly care

Post-Natal Ayurvedic Massage



# Swasti

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## Yoga For labour

### Post-Natal Yoga

Abdominal Stretches

Gentle Back stretches

Sitting twists

Kneeling stretches

Standing forward bend

Post-Natal Surya Namaskara

Meditation

Basics of Meditation

Nadabramha (Humming meditation)

Prayer: Concept and recitation

- Chanting: A sound (OM) with stomach breaths, vajrasana, dnyan mudra
- U sound (OM) with chest breaths, ardh padmasana, padma mudra
- Chanting: M sound (OM) with collar breaths, siddhasana, chinmay mudra
- So Ham

Yogic Affirmations:

- ✓ Karma Yoga
- ✓ Raj Yoga
- ✓ Bhakti Yoga
- ✓ Chittaprasadan

Mantra Meditation

Pregnancy mantra meditation

**Thank You**

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