



NIRWAN UNIVERSITY JAIPUR

निर्वाण विश्वविद्यालय जयपुर

Established by the Rajasthan State Legislature vide
Act No. 2 of 2017 and recognised U/s 2(f) of the UGC Act 1956

Yoga Perinatal Teacher Training Programme

INFORMATION BROCHURE



शिक्षा संस्कार सामर्थ्य

MAIN CAMPUS:
NIRWAN UNIVERSITY JAIPUR
Near Bassi- Rajadhok Toll, Agra Raod, Jaipur- 303305
Email : info@nirwanuniversity.ac.in
Call : +91 9289800300
Website : www.nirwanuniversity.ac.in

CITY OFFICE, JAIPUR
NIRWAN UNIVERSITY JAIPUR
21, Sahkar Marg, 1st Floor, Near 22 Godam Circle,
Jaipur, Rajasthan
Contact : +91 141 - 2228000

Yoga Perinatal Teacher Training Programme (YPTTP)

DURATION & FEE STRUCTURE:

Registration Fee: 1,000/-

(15 Days - fully Residential- 15000/-)

10 Days (Online Classes)+5 Days (Offline Classes) Mandatory- 10000/-

ELIGIBILITY:

The candidates who have passed senior secondary (10+2) examination from BSER or equivalent.



The pregnancy phase is one of the most beautiful experiences of a woman's life journey, as she goes through a great transformation in her body and mind. The hormonal and bodily changes during this time, continuously challenge her at physical, mental, biological, and emotional levels.

The Yoga Natal Teacher training program will help the Yoga teachers not only to guide their prenatal students to a healthy pregnancy; but also help their students with issues like infertility, and pre and post-pregnancy complications.

WHY IS PRENATAL AND POSTNATAL IMPORTANT?

The physical and psychological burden of pregnancy and childbirth can significantly weaken a girl's young body leaving her vulnerable to risk in future pregnancies. Every pregnant woman needs access to prenatal and postnatal care to ensure her and her baby's health and welfare.

WHAT IS PRENATAL YOGA?

Prenatal yoga is a type of yoga designed for pregnant women. Yoga is intended to create a balance between emotional, mental, physical, and spiritual dimensions. Prenatal yoga is about helping you prepare for childbirth by relaxing the body and focusing on safe techniques and poses in all stages of pregnancy.

WHAT IS POST-NATAL YOGA?

Postnatal yoga is a style of yoga that addresses the physical, mental, and emotional challenges of being a new mother, as well as the aftermath of pregnancy. Yoga poses focus on helping new mothers tone their bodies and regain their figure, relieve stress and even bond with their newborns.

SAFETY CONSIDERATIONS

Yoga during pregnancy has not received much scientific study, but it is generally considered to be safe and beneficial for most expectant mothers and their babies.¹

If your pregnancy is considered high-risk or you have other complications, talk to your healthcare team before starting yoga. Even if you have no special concerns, you will need to adapt your yoga practice as your baby grows.

Your body produces a hormone called relaxin throughout your pregnancy that helps to make room for your growing baby and prepare for delivery.² The presence of relaxin may make you feel more flexible than usual, but be careful not to overstretch; it's also possible to destabilize joints and ligaments during this time. The biggest danger to pregnant yoginis is falling. Therefore, minimize that risk, especially once your belly starts to protrude, by being careful with balancing poses. For added stability, consider using a yoga block. Skip any pranayama that could make you feel lightheaded to reduce the risk of fainting. Since Bikram yoga has been shown to warm the body's core temperature in certain cases, it should also be avoided.

BENEFITS OF YPTTP

The yoga natal teacher training program is specially designed for yoga teachers, doctors, gynecologists, obstetricians, nutritionists, physiotherapists, and trainers. While prenatal yoga teacher training is common, there seems to be an inadvertent lack of comprehensive understanding of yoga before, during, and after childbirth among health professionals. Additionally, yoga teachers are not familiar with pregnancy physiology and medical aspects. These are some of the reasons why people are hesitant to recommend yoga during pregnancy or teach prenatal yoga.

This course addresses all these gaps and explains all the stages of a woman's life in detail. It also discusses Prenatal, Postnatal, and Garbhasanskar care thoroughly. Healthy mothers and babies are the objectives of the program, which also covers conception, pregnancy, childbirth, and postnatal care in a holistic way.

A number of topics will be discussed, such as preparing for labour and delivery, self-practice, lactation, and parenting. In order to ensure the well-being of the mother-to-be and her child, a positive and nurturing environment is essential. A woman can deepen her connection to her body, mind, emotions, and spirit through yoga.

WHO CAN DO THIS COURSE?

This course is for everyone: Married & Unmarried people, Pregnant & Non-Pregnant Ladies, Personal & Professional purpose, Males & Females.

- Couples planning to conceive
- Those suffering from problems in Conception such as Male & Female Infertility, PCOS/PCOD, Thyroid Issues, Diabetes, Stress etc.
- Ladies suffering with fears of Conception such as Physical & Mental Challenges during pregnancy and after delivery, Conscious of Body Shape, Concerns for Delivery, Postnatal Care, Postpartum Depression (PPD).
- Expecting Mothers
- Gynecologists & Ayurvedic Doctors and Nutritionists
- Yoga Teachers looking forward to specialize as Pre-Postnatal Yoga Teachers.

WHY REQUIRED PRENATAL AND POSTNATAL YOGA?

Pregnancy is a time of life that everything changes for women. Their bodies they knew all their lives begin to change. Hormones start to be stronger than ever. Every part of the woman's body prepares and focuses on creating a new life. In this moment of life, many physical and emotional challenges arise, and yoga can play a fundamental part in harmonizing the body and mind, helping the mother pass the challenges of the pregnancy and connect to the baby, as well as preparing the mother for delivery.

Pregnancy can be a very stressful moment due to all the body changes that can affect sleep and rest and all preparation for the new life coming with the baby's arrival. Yoga practice plays a big role in improving sleep and feelings of tranquility and calmness for the mom-to-be. Through asana practice, breathing, and meditation, the woman will enhance body flexibility, release tensions, and transform simple movements like breathing and lying down quickly again. Yoga is also highly recommended after delivery as a form for the mother to reconnect with her body after another change again.

Every trimester has its peculiarities and is very different from another. With all this in mind, it is essential to highlight that yoga for pregnancy must be done very carefully and with much attention to the stage of pregnancy to improve the health of mother and child instead of creating disturbances. Asanas are recommended in the advanced stages of pregnancy and are dangerous to perform in the early stages.

CURRICULUM - WHAT WILL YOU LEARN?

Pregnancy Yoga Philosophy

Pregnancy Yoga Anatomy

Infertility

Garbh Samskara

Complications and Precautions

Prenatal Asanas

Prenatal Pranayama

Meditation

Chanting & Sound Healing

Satkarmas (Cleansing Actions)

Postnatal Care

Teaching Methodology & Lesson Planning

Evaluation Criteria

DAILY SCHEDULE

TIME	COURSE NAME
6:00 am-8:00 am	Practicum for Yoga for Pregnancy
9:40 am-10:30 am	Introduction and Preparations for Pregnancy
10:40 am-11:30 am	Yogic Techniques, training, and practices for Pregnancy/ Teaching Methodology for Pregnancy
11:40 am-12:30 pm	Anatomy and Physiology for Prenatal Yoga/ Postnatal Care
12:30 pm-1:30 pm	Lunch
1:40 pm-2:30 pm	Yoga Philosophy for Pregnancy

PAYMENT POLICY

- Complete remaining fee will be payable on arrival before the course starts.

REFUND POLICY

- The Advance Booking Fee is non-refundable. However, you can adjust it for future dates in a span of 1 year.
- Once the course starts, and a student wants to cancel the course, fees will be non-refundable. In case of any health emergency, the pending course can be completed in the next 1 year.

COURSE INCLUSIONS

- Course Fee (15,000)
- Nirwan university Jaipur Recognized Certificate
- Course Manual
- Cleansing Action Kit
- 3 times Nutritious Vegetarian Meals, Tea & RO Water
- Wi-Fi Access
- 24x7 CCTV Surveillance
- Life-time support (In future, in case you have any doubts, you are always welcome, our teachers will always support you)
- 24x7 support during your stay at the university



+91 92898 00300



info@nirwanuniversity.ac.in



www.nirwanuniversity.ac.in



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