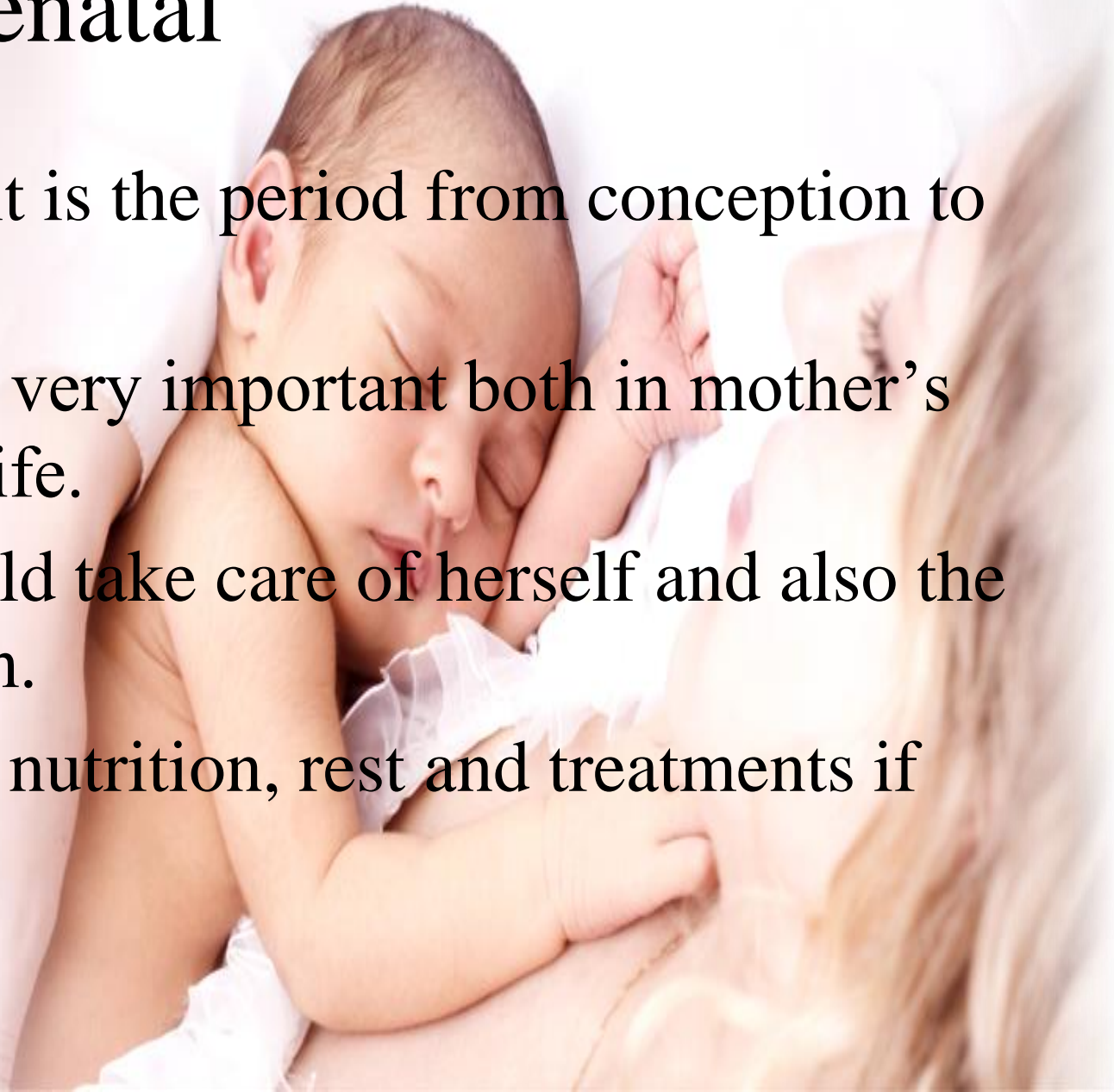


Pregnancy



Prenatal

- Definition: it is the period from conception to birth.
- This stage is very important both in mother's and child's life.
- Mother should take care of herself and also the baby's health.
- She requires nutrition, rest and treatments if required.



Ayurveda and pregnancy

- In our organization, we give care and counseling for helping the mother come out of all the complications and problems related to childbirth.
- We have many simple tips to care the health of the mother and baby



Perinatal Period

- Definition: it is the period just before and immediately after birth, ie, the period around the child birth.
- There are many complications during this time.
- The mother is both in tension and also tired.
- This stage can be taken care with proper knowledge of child birth.
- We educate the mother about the points of concern at this stage and give remedies for any problems arising.

Post natal

A grayscale photograph of a woman sitting on the floor with a baby on her back. The woman is leaning forward, and the baby is sitting on her back, holding her hands. The background is a plain wall with some papers or notices pinned to it.

- **Definition:** this is the period immediately after birth to 6 weeks.
- At this stage, mother starts her breastfeeding. This stage, proper nutrition is required for the mother.
- The uterus also start contracting to its normal size.
- Mother may experience little complications like after birth pains, heavy bleeding etc.
- We give proper remedies for all the problems arising during this stage and see that the mother and baby have a happy time together.

FEE STRUCTURE

Particulars	Amount
Registration fee	500-00
Yoga classes online	2000-00 One month (1 hour)
Yoga & Diet Consultancy academy	3000-00 six days in week (1 month)
Yoga at home	300.00 each class
Ayurveda Doctor Consultancy	500-00
Diet Consultancy	500.00



THANK YOU