



Explore Yoga

Pre-natal Yoga

Syllabus

www.exploreyoga.org



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Why learn and practice Yoga ?

The body benefits from movement ,and the mind benefits from stillness. Yoga helps both body and mind.

“When you listen to yourself, everything comes naturally. It comes from inside, like a kind of will to do something. Try to be sensitive. That is yoga.”

Petri Räisänen





The EY Approach

Integrated Approach of Yoga Therapy (IAYT) has been shown to have complimentary benefits in the treatment of mind body diseases such as Back Pain, lifestyle deficiency, arthritis, cancer, and stress during pregnancy.

IAYT is derived from ancient Yoga texts and backed by modern research. It uses simple, safe, doable practices that include Asanas, Pranayama, Kriyas, Meditation, Science of Emotion Culture, Svadhyaya & special sleep technique.

IAYT is administered by exponents of Yoga & Yoga Therapy. They do detailed examination, thorough check up of one's physical, mental and emotional states. IAYT also includes Yogic counseling which is based Jnana Yoga, Bhakti Yoga, Karma Yoga and Raja Yoga.



Syllabus Overview

1. Introduction to Prenatal Yoga
2. Prenatal Asanas and Modifications
3. Breathwork and Relaxation Techniques
4. Teaching Methodology and Class Sequencing
5. Anatomy and Physiology and Ethics for Prenatal Instructors
6. Common Pregnancy Concerns and Holistic Approaches
7. Introduction to Diet in Pregnancy, Breastfeeding, Lactation, and Couple Counselling



Syllabus

Module 1: Understanding the Perinatal Period

Conception and Pregnancy:

- Anatomy and Physiology of Pregnancy
- Fetal Development and Maternal Adaptations
- Common Discomforts and Challenges in Each Trimester
- Prenatal Complications (e.g., ectopic pregnancy, gestational diabetes, hypertension, preeclampsia, iron deficiency, incontinence)

Birth and Postpartum:

- Stages of Labor and Delivery
- Postpartum Physical and Emotional Changes
- Breastfeeding and Infant Care
- Postpartum Depression and Anxiety

Module 2: Yoga Practices and Guidance for Prenatal Yoga

Yoga Philosophy and Principles:

- The Eight Limbs of Yoga
- Yoga for Wellness

Benefits of Prenatal Yoga:

- Physical, Mental, and Emotional Benefits
- Benefits for the Fetus



Contraindications and Precautions:

- Conditions that may limit yoga practice during pregnancy
- Safety guidelines for prenatal yoga

Asana Practice:

- Safe and effective yoga postures for each trimester
- Modifications and Props for Prenatal Yoga
- Breathing Techniques (Pranayama) for Pregnancy
- Relaxation Techniques (Yoga Nidra, Meditation)
- Yoga for Specific Populations: Pregnant women with diabetes, hypertension, multiple pregnancies.
- Postpartum women with specific challenges like C-section recovery, and breastfeeding difficulties

Add-ons:

- Pre-Natal Screening Test
- Geriatric pregnancy
- Planning next pregnancy
- What It's Like to Expect Twins
- Role of a Father
- Family and Social Support
- Financial planning

Want to be part of Pre-natal Yoga ?



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