

# Syllabus of 100 hrs TTC

## Pre and Postnatal Yoga



## Indus Excellence Yoga Institute

### I. Early pregnancy (first one to three months)

- Vajrasana (the thunderbolt)
- Trikonasana (easy triangle)
- Sarvangasana (shoulderstand)
- Shoulder stretches
- Sitting stretches
- Breath and awareness
- Basic pelvic alignment
- Spinal rolls

### II. Mid-pregnancy (four to six months)

- Surya Namaskar
- Easy triangle to moon

- Advanced triangle to moon
- Easy archer to warrior
- Tree pose
- Standing hip openers
- Strong centering poses
- Easy kneeling stretches
- Advanced kneeling stretches
- Alignment of the spine
- Sitting chair stretches
- Sitting stretches
- Wide-open stretches
- Pelvic floor stretches
- Breath awareness
- Pranayama
- Relaxation
- Dynamic kneeling stretches
- Standing twists
- Sitting stretches
- Breath and awareness
- Basic pelvic alignment

### III. Late pregnancy (seven to nine months)

- Sitting stretches
- Wide kneeling stretches

- Yoga for better sleep
- Alignment of the spine
- Sun salutation
- Circular stretches
- Warrior to wall
- Yoga for labor

#### IV. Breathing practices for pregnant women

- Baby massage
- Feeding milk
- Food after six months
- Mantra for baby

#### V. Meditation for pregnancy

- Basics of meditation
- Nadabramha (humming meditation)
- Om meditation
- Mantra meditation
- Pregnancy mantra meditation

#### VI. Mantra for pregnancy

- For normal delivery

- Removing pain
- For good environment at home
- Good health

## VII. Massage of pregnant women

- Feet massage
- Head massage
- Womb / belly care
- Postnatal Ayurvedic massage

## VIII. Pelvic floor awareness

- Cautions and conditions
- What is the pelvic floor and how to locate it

## IX. Yoga anatomy and physiology during pregnancy

- Anatomical and physiological changes during pregnancy
- How organs function
- Complications (miscarriage, premature labor, preeclampsia)

## X. Yoga philosophy, lifestyle, and ethics

- Based on the Yoga Sutras of Patanjali
- Loving what we do as yoga teachers
- Ethics and boundaries between the teacher and the student

## XI. Yogic and Ayurvedic diet in pregnancy

- Foods to avoid
- Healthy foods
- Nutrients that help during pregnancy

## XII. Postnatal yoga

- Postnatal Surya Namaskar
- Abdominal stretches
- Gentle back stretches
- Sitting twists
- Kneeling stretches
- Kneeling sun salutation
- Standing sun salutation
- Standing forward bend
- Rolling plough

### XIII. Caring new born baby

- Kapalbhati
- Nadishodhanam
- Bhramari
- Healing pranayama
- Surya and Chandra Bhedi
- Ujjayi
- How to prepare the body for labor through breath awareness

### XIV. Healing practices

- Yoga Nidra

### XV. Discussion

- The function of the womb
- Stages of pregnancy