



Sukhayu Clinic in Collaboration with
Hatha Yoga Institute presents,



Online

24 & 25 APRIL 2025
7:30 – 8:30 PM IST

Garbhasanskar & Pregnancy Yoga

Nurture Your Pregnancy with Ayurveda & Yoga
Guided by Experts | For a Joyful Motherhood

FREE SESSIONS

For all Pregnant Women



Contact Us

Call / WhatsApp: 9405719139

Sukhayu Ayurved's Speciality Clinic

www.esukhayu.com



How to Join?

1. Visit www.esukhayu.com
2. Click on **JOIN NOW**
3. Fill the Registration Form

Get Registration Link on Whatsapp

1.  on 9405719139
2. Message as **JOIN NOW**
3. Get the Registration Link

Meet Your Mentors:



Aanchal Raj

Pre & Post-Natal Yoga Expert
Internationally Certified Yoga Coach
Co-Founder, Hatha Yoga Institute
MSc. in Yogic Science, S-VYASA
Yoga Master, Govt. of India

Dr. Kalyani Taksale (Joshi)

Garbhasanskar & Pre-Pregnancy Trainer
Consulting Ayurvedic Gynecologist
Sukhayu Ayurved's Specility Clinic
BAMS | Fell. Ayurvedic Maternal Healthcare
PG Certification in Garbhasanskar



Course Specifications:

- Trimester-wise Yoga & Pranayama
- Garbhasanskar Rituals & Mantras
- Womb Communication
- Baby Visualization
- Music Therapy & Raaga Practice
- Sookshma Vyayam
- Bhagavad Gita Wisdom
- Pregnancy Diet Consultation
- Creative Activities
- Emotional Bonding
- Mantra Chanting
- Positive Affirmations



Course Highlights



Days: Every Thursday & Friday



Time: 7:30 PM – 8:30 PM



Mode: Live Online Sessions



Fees: ₹2000/month only

Benefits of the Program

Promotes a calm, joyful, and connected pregnancy
Enhances baby's mental and spiritual growth
Supports emotional balance and reduced anxiety
Improves physical flexibility and strength for delivery
Fosters deep mother-baby bonding

EXCLUSIVE OFFER

FREE MONTHLY CHECKUP
& DIET CONSULTING!

COUPON CODE : AYU0425

DISCOUNT

50%

FLAT 50% OFF ON
SHATAVARI KALPA

COUPON CODE : AYU0325

How to Avail the Offer?

1. Visit www.esukhayu.com
2. Fill the Registration Form
3. Apply the given Code
4. Click on JOIN NOW!

More information visit :

www.esukhayu.com

Healing through Ayurveda with love and care

