



**Sukhayu Clinic in Collaboration with
Hatha Yoga Institute presents,**

Garbhasanskar & Pregnancy Yoga

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

Course Highlights



Days: Every Thursday & Friday



Time: 7:30 PM – 8:30 PM



Mode: Live Online Sessions



Fees: ₹2000/month only



Why Join Our Classes?

Traditional Garbhasanskar, Ayurveda, and Yoga to promote the holistic well-being of both mother and baby.

**www.esukhayu.com
www.hathayogainstitute.com**

What You'll Learn

- **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**



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



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
- BAMS | Fell. Ayurvedic Maternal Healthcare
- PG Certification in Garbhasanskar



Contact Us

Call / WhatsApp: 9405719139

Sukhayu Ayurved's Speciality Clinic

www.esukhayu.com



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EXCLUSIVE OFFER

FREE MONTHLY CHECKUP
& DIET CONSULTING!

COUPON CODE : AYU0425

DISCOUNT

50%

FLAT 50% OFF ON
SHATAVARI KALPA

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How to Avail the Offer?

1. Visit www.esukhayu.com
2. Fill the Registration Form
3. Enter the above mentioned code
4. Click on JOIN NOW!



www.esukhayu.com
Healing through Ayurveda with love and care