

MAHAYOGI GORAKHNATH

MAHARISHI PATANJALI YOG SANSTHAN BHARATVARSH

S.R ACT, 1860 U.P. GOVERNMENT (REG. NO. 04308/2018-2019) C.R.ACT, 1957 GOVT. OF INDIA (REG. NO. 14401/2018)

|| CERTIFIED BY UNIVERSAL YOGA ALLIANCE, ID- UYA0064 || LIFE TIME MEMBER OF WORLD YOGA ALLIANCE, ID- 148 ||

This organization is certified under sections 12A and 80G

Head Office- Agaganj, Tikri, Ayodhya, Uttar Pradesh-224195

Email: mgmpysb@gmail.com Website: www.mgmpysb.org



PRE & POSTNATAL TTC - 30 DAYS



mgmpysb@gmail.com

www.mgmpysb.org

1. About Organization

Introduction to Organization

Mahayogi Gorakhnath Maharishi Patanjali Yog Sansthan is established under **S.R. Act 1861** with **Registration No.- 4308/2018-2019 of Government of Uttar Pradesh (workspace- All India)** and **C.R. Act, 1957 of Government of India** with **Diary No.- 14401/2018**. Also, the organization has been registered under **sections 12A and 80G**. The organization is a lifetime member of the World Yoga Alliance, **School Id- 148**, and a registered Yoga school from Universal Yoga Alliance, **School Id UYA0064**.

The organization is working pan India with its 20,000+ Yoga Teachers, Yoga Therapist, Dieticians, Nutritionists, and Doctors, also are expanding overseas. The headquarters of the **Organization is at Agaganj - Tikari-Ayodhya (U.P)-224195, India**.

The organization is providing diploma and certification courses and services in form of workshops, seminars, and webinars to corporates, societies, educational organizations, and individuals with 100% quality assurance. So far, the **organization has branches in every state and city of India, in the form of Virtual and Physical Centres**. The centers are certified and registered on our portal so anyone can search and get benefited through them.

Mission & Vision

Mahayogi Gorakhnath Maharishi Patanjali Yoga Sansthan an institution that has emerged as medicine for humanity in the present times has come before all of us. To improve the civilization of human life, Mahayogi Gorakhnath Yoga Institute has been started by India in the field of Yoga. In view of the need of the present times under this campaign, we have given a new life to Yoga and Naturopathy in the heritage of our Indian culture. But yoga is also being expanded in rural areas. The objective of our institute is to remove the expenses of the common people at the present time and to provide longevity by providing good health to the general public at a low cost through Yoga therapy, for which they also need to depend on others. Are not. He himself can learn this alternative medicine and adopt it regularly in his life. Realizing the importance of mental health along with physical health, the biggest reason for the deterioration of mental health at the present time, which is achieved due to lack of employment, is to overcome it by providing employment. We welcome all of you as members of our family in this the institution that all of you should also be a part of this mission and extend your cooperation with all of us by extending our support in this new revolution of yoga.

All donation is exempted from Income Tax under section 80 - G



PRE & POSTNATAL TEACHER TRAINING

1. Introduction to Yoga during Pregnancy.
 2. Prenatal Yoga guidelines
 3. Anatomy & Physiology Pregnancy
 4. Anatomy & Physiology- Trimester 1
 5. Anatomy & Physiology- Trimester 2 &3
 6. Complications during pregnancy
 7. Physiology of Pranayama
 8. Nutrition during pregnancy & breastfeeding
 9. Garbhasankar
 10. PPD & Breastfeeding
 11. Process of Labor & Active Birth
 12. Importance of Mantra, Meditation & Relaxation
 13. Yoga Nidra
- **14 and 15th Classes will be given for the doubts and queries**
 - **Last 15 days includes some Yogic asanas practices, assignments and case studies**

About the Trainer

**Pre and postnatal yoga trainer (RPYT),
Clinical Dietitian (Specialize in women
nutrition),
Childbirth Educator,
Lactation counsellor (BPNI),
Garbhasanskar coach**



Mrs. Shweta Gupta

Classes and Timings

WEEKDAYS - 3-5 pm

Course Duration - 30 days

Course Fee-

Individual - 30,000/-

Group - 20,000/-

We have more than **20,000+** Yoga Trainers across the country, to serve your all the branch offices.

Note - We also provide health camps, doctor consultations, diet plans, and cultural programs on demand from time to time as we have 20,000 + volunteers across the country to serve in your all branches with the same quality.



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