



Mind Your Fitness!

Pre & Postnatal Plans



www.mindyourfitness.in
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MUMBAI | PUNE | GOA

Stay Fit-Feel Good Program

Features:

Prepares the woman physically, emotionally, and spiritually for pregnancy.
Trimester-focused exercises (including high-risk pregnancy).

Learn:

- Benefits of exercises for mother & baby.
- Contraindications: when to stop exercising.
- How to maintain good posture & move with care to avoid injuries.
- Core exercises (pelvic floor) that increase the chances of vaginal delivery.
- Measures to tackle aches and pains during pregnancy.
- Upper & lower body exercises.
- Breathing exercises & meditation.

Structure:

Sessions: 12 + 1 session on Breastfeeding
(60 minutes each, from 2nd trimester)
Frequency: 3 Online Sessions per week
Validity: 13 sessions to be completed in 30 days



3rd Trimester Program For 2

Features:

Having a supportive partner during pregnancy & labour can make a huge difference in the outcome of the whole birthing experience. A supportive partner can be anyone with whom one feels safe: husband, mother, mother-in-law, or friend. The mother can recover faster with a successful breastfeeding journey if she has a good support system.

Learn:

- How to progress faster through labour.
- Exercises (pelvic floor) to prepare you for labour (increases the chances of vaginal delivery).
- Techniques to stay calm & stress free.
- Techniques to engage your baby.
- Gym ball routine for easy delivery.
- Breathing exercises for labour.
- Meditation for labour.
- Exercises to turn a breech baby (if needed).
- Prenatal session on breastfeeding.

Structure:

Sessions: 12 (60 minutes each, 3rd trimester)

Frequency: 3 Online Sessions per week

Validity: 12 sessions to be completed in 30 days



Spiritual Bliss Pregnancy Program

Features:

YOGA for stress management.

Regular yoga sessions will help manage episodes of stress, anxiety around pregnancy & childbirth.

Learn:

- Relaxation and breathing techniques to loosen up the body.
- YOG asanas based on your trimester, anxiety levels & pregnancy-related physical discomfort.
- Surya Namaskar.
- Prenatal asanas – Supine, Sitting, Standing.
- Bandhas.
- Mudras.
- Pranayama.
- Chanting.
- Cleansing techniques.
- Meditation/ Yog-Nidra.
- Yogic Practices for labour & birthing.
- Prenatal session on breastfeeding.

Structure:

Sessions: 12 (60 minutes each, from 1st trimester until delivery)

Frequency: 3 Online Sessions per week

Validity: 12 sessions to be completed in 30 days



The 4th Trimester: Heal Yourself Program

Features:

Recovering after pregnancy & childbirth.
Bond with your baby.

Learn:

- Yoga/Exercises for early motherhood.
- How your body changes: Important things to remember.
- Postnatal Asanas (Vaginal or C-section delivery).
- Breastfeeding poses.
- Yoga for baby.
- Yoga with your baby.
- Partner meditation.

Structure:

Sessions: 12 (60 minutes each, post-delivery)

Frequency: 3 Online Sessions per week

Validity: 12 sessions to be completed in 30 days



Use Your Super Power: Breastfeeding Prenatal Program (For Couples)

Features:

Breastfeeding Basics & Troubleshooting.
Master the art of breastfeeding: Coaching the new mother.

Learn:

- Breastfeeding benefits.
- Breastfeeding myths.
- First Milk- Colostrum.
- The Transition- Colostrum to Mature Milk.
- Breastfeeding support.
- Baby steps to breastfeeding success.
- Is the Baby getting enough milk?
- Baby behaviours.
- Positioning.
- Good Latch.
- Engorgement/ Hand Expression.
- Breastfeeding supporting asanas.
- Kangaroo mother care.
- Baby Care.
- Yoga for baby.
- Baby-Wearing.

Structure:

Sessions: 3

Frequency: 1 Online Session per week

Validity: 21 days.



Postnatal Counselling

Features:

Customised consultation to help you regain your fitness, especially your core strength post-pregnancy.

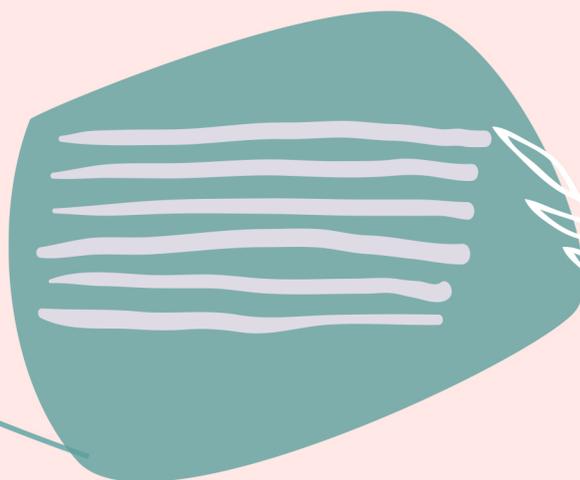
Identify postpartum depression.

Tackle:

- Back pain.
- Pelvic floor weakness.
- Bleeding after delivery.
- Urinary incontinence.
- Faecal incontinence.
- Diastasis recti.
- Uterine prolapse.
- Pelvic girdle pain (PGP) or symphysis pubis dysfunction (SPD).

Structure:

Sessions: 1



Comprehensive Prenatal-Postnatal Fitness Program

Features:

Stay fit through pregnancy, childbirth, and post-pregnancy.

Inclusions:

- Stay Fit-Feel Good Program
- Spiritual Bliss Pregnancy Program
- 3rd Trimester Program For 2
- Use Your Super Power: Breastfeeding Program
- Postnatal Counselling

Structure:

For the number of sessions and frequency please refer to the details of the individual programs listed above.

Validity: 10 months (2nd trimester to delivery)

