



Om Yoga International

Advanced Prenatal & Postnatal Yoga Teacher Training



1. Course Overview

Advanced Prenatal & Postnatal Yoga Teacher Training in Rishikesh, India

Offered by Om Yoga International, Tapovan, Rishikesh, India, this residential programme is designed for yoga practitioners and teachers who want to deepen their understanding of yoga during pregnancy and after childbirth.

The programme combines prenatal yoga, postnatal yoga, infertility-related topics and sound healing to provide a broader understanding of specialised yoga practices for women's health and well-being.

- School: Om Yoga International
- Location: Tapovan, Rishikesh, Uttarakhand, India
- Course Duration: 24 Days
- Accommodation: 23 Nights
- Training Days: 21 Days
- Total Programme Hours: 120 Hours
- Language: English
- Registration: Yoga Alliance USA – Registered Prenatal Yoga School (RPYS), as stated on the website

- Programme Format: Residential, in-person training

2. Programme Structure

The programme combines four specialised components.

Programme Component	Hours
Prenatal Yoga Teacher Training	85 Hours
Infertility Yoga	20 Hours
Postnatal Yoga	10 Hours
Sound Healing	5 Hours
Total Programme	120 Hours

3. About the Course

Pregnancy and the postnatal period involve physical, emotional and lifestyle changes. Yoga can offer a supportive practice when appropriately adapted to the needs of the individual.

This specialised training introduces students to yoga practices, breathing techniques, relaxation methods, meditation and teaching approaches relevant to prenatal and postnatal settings.

The course also explores infertility-related yoga topics and sound healing as part of the wider programme.

Students develop an understanding of how to approach specialised classes thoughtfully, recognise when practices require modification, and create supportive learning environments for women during different stages of their reproductive journey.

4. Course Objectives

The course aims to help students:

- Understand the principles of prenatal and postnatal yoga.
- Learn how yoga practices can be adapted during pregnancy.
- Explore appropriate asana modifications and supportive techniques.
- Develop an understanding of breathing and relaxation practices.
- Learn about postnatal recovery and the gradual return to yoga.

- Explore infertility-related yoga topics included in the curriculum.
- Understand the use of sound healing within a yoga and relaxation setting.
- Develop teaching skills for specialised yoga sessions.
- Recognise the importance of individual needs, comfort and safety.
- Build confidence in planning and presenting structured classes.

5. Detailed Curriculum Modules

Module 1: Introduction to Prenatal Yoga

- Introduction to prenatal yoga and its principles.
- Purpose and benefits of practising yoga during pregnancy.
- Understanding the different stages of pregnancy.
- General physical and emotional changes during pregnancy.
- The role of yoga in relaxation, body awareness and mindful movement.
- Creating a comfortable and supportive practice environment.
- Understanding individual needs and adapting yoga sessions accordingly.

Module 2: Anatomy and Physiology of Pregnancy

- Introduction to the female reproductive system.
- Overview of the major physiological changes during pregnancy.
- Understanding changes in posture, balance and movement.
- Introduction to the pelvic floor and its relevance during pregnancy.
- Awareness of breathing changes and relaxation needs.
- Understanding the importance of appropriate movement and rest.
- Recognising when a student may need individual medical guidance.

Module 3: Prenatal Asana Practice

- Introduction to suitable yoga postures during pregnancy.
- Standing postures and balance awareness.
- Gentle seated and supported postures.
- Mobility practices for the hips, pelvis and spine.
- Gentle stretching and body-awareness exercises.
- Use of props and support during practice.

- Modifications for comfort and changing physical needs.
- Understanding postures and movements that may require avoidance or adaptation.

Module 4: Prenatal Pranayama and Breathing Techniques

- Introduction to breathing awareness during pregnancy.
- Gentle and comfortable breathing practices.
- Breath awareness for relaxation.
- Understanding the relationship between breathing and movement.
- Relaxation-oriented breathing techniques.
- Developing awareness of breath without strain.
- Teaching breathing practices in a calm and supportive manner.

Module 5: Meditation and Relaxation During Pregnancy

- Introduction to meditation for prenatal well-being.
- Guided relaxation practices.
- Mindfulness and body awareness.
- Developing a calm and focused state of mind.
- Yoga Nidra and relaxation concepts.
- Visualisation and guided meditation.
- Supporting emotional well-being through relaxation practices.

Module 6: Teaching Methodology for Prenatal Yoga

- Planning a prenatal yoga class.
- Structuring warm-up, asana, breathing and relaxation sessions.
- Giving clear verbal instructions.
- Demonstrating appropriate modifications.
- Using props to support comfort and stability.
- Adapting sessions to different stages of pregnancy.
- Understanding the importance of communication and consent.
- Creating a welcoming and non-judgmental learning environment.
- Introduction to teaching practice and class presentation.

Module 7: Infertility Yoga – 20 Hours

This component introduces yoga-related approaches to relaxation, body awareness and emotional well-being in the context of infertility.

- Introduction to infertility-related yoga topics.
- Understanding stress and emotional well-being.
- Gentle yoga and relaxation practices.
- Breathing awareness and meditation.
- Mindfulness and body awareness.
- Developing supportive yoga sessions.
- Understanding the limitations of yoga in relation to fertility treatment.
- Recognising the importance of qualified medical care.

Yoga should not be presented as a proven treatment for infertility or as a replacement for medical assessment and fertility treatment.

Module 8: Postnatal Yoga – 10 Hours

- Introduction to postnatal yoga.
- Understanding the general postnatal recovery period.
- Awareness of physical changes after childbirth.
- Gentle movement and mobility practices.
- Breathing awareness and relaxation.
- Introduction to pelvic-floor awareness.
- Understanding the importance of gradual progression.
- Adapting yoga to individual recovery needs.
- Recognising when medical clearance or professional guidance is required.
- Developing supportive postnatal yoga sessions.

Postnatal practice should be adapted to the individual's recovery, birth experience and medical guidance. The timing and intensity of exercise may differ from person to person.

Module 9: Sound Healing – 5 Hours

- Introduction to sound healing.
- Understanding sound as a relaxation tool.
- Introduction to singing bowls and their use in practice.
- Basic sound-based relaxation techniques.
- Creating a calm environment for relaxation.
- Integrating sound into meditation and yoga sessions.
- Understanding appropriate volume, comfort and individual preferences.

Module 10: Yoga Philosophy and Mindful Practice

- Introduction to the philosophy and principles of yoga.
- Mindfulness and self-awareness.
- The relationship between body, breath and mind.
- Developing a compassionate teaching approach.
- Understanding the importance of patience and individual differences.
- Applying yogic principles in specialised classes.

Module 11: Class Planning and Practical Teaching

- Designing a structured prenatal yoga session.
- Planning a gentle postnatal yoga session.
- Selecting appropriate postures and modifications.
- Integrating breathing, relaxation and meditation.
- Practising verbal instructions and demonstrations.
- Developing class sequencing skills.
- Conducting practice-teaching sessions.
- Receiving feedback and improving teaching confidence.

Module 12: Assessment and Course Completion

- Review of the course material.
- Practical participation in yoga sessions.
- Demonstration of learned techniques.
- Practice teaching and class presentation.
- Review of teaching methodology.
- Completion of the applicable course assessment requirements.

The exact assessment criteria and certificate-awarding requirements should be confirmed with the school before publication.

6. Learning Outcomes

By the end of the training, students are expected to have developed:

- A foundational understanding of prenatal yoga principles.
- Knowledge of general pregnancy-related physical changes relevant to yoga practice.
- Awareness of appropriate asana modifications and supportive techniques.
- Familiarity with prenatal breathing, meditation and relaxation practices.
- An introduction to infertility-related yoga topics.
- An understanding of postnatal yoga principles and gradual recovery.
- Basic knowledge of integrating sound healing into relaxation sessions.
- Skills in planning and sequencing specialised yoga classes.
- Experience with practical teaching and class presentation.
- Greater awareness of student comfort, individual needs and appropriate professional boundaries.

7. Who Can Join This Course?

This programme may be suitable for:

- Certified yoga teachers who want to specialise in prenatal and postnatal yoga.
- Experienced yoga practitioners interested in women's yoga.
- Yoga teachers who want to expand their teaching knowledge.
- Wellness professionals seeking additional yoga-related training.
- Practitioners interested in meditation, relaxation and sound healing.

Students should confirm the school's entry requirements before registering, particularly if the programme requires previous yoga-teaching experience or a prior yoga qualification.

8. Teaching Approach

At Om Yoga International, the training combines theoretical learning, guided practice and practical teaching.

The learning approach may include:

- Teacher-led explanations.
- Guided yoga practice.
- Demonstrations of postures and modifications.
- Breathing and relaxation sessions.
- Meditation practice.
- Teaching demonstrations.
- Student participation and feedback.
- Class planning and practical assessment.

The purpose is to help students understand the material and apply it thoughtfully within their level of training and professional competence.

9. Sample Daily Schedule

The following is an illustrative schedule, not a verified official timetable. Exact timings should be confirmed with the school.

Time	Activity
6:30 AM – 7:00 AM	Morning preparation
7:00 AM – 8:30 AM	Yoga practice
8:30 AM – 9:30 AM	Breakfast
9:30 AM – 11:00 AM	Theory and anatomy
11:00 AM – 11:15 AM	Tea break
11:15 AM – 12:30 PM	Curriculum session
12:30 PM – 1:30 PM	Lunch
1:30 PM – 3:00 PM	Rest or self-study
3:00 PM – 4:30 PM	Practical workshop
4:30 PM – 5:00 PM	Break
5:00 PM – 6:00 PM	Meditation, relaxation or teaching practice
7:00 PM onwards	Dinner and personal time

10. Accommodation and Campus Facilities

The residential programme is offered in Tapovan, Rishikesh, a well-known destination for yoga and spiritual studies.

The school's accommodation information includes:

- Private, twin-sharing and triple-sharing room options.
- Air-conditioned rooms, as listed in the school's accommodation information.
- Hot-water facilities.
- Sattvic vegetarian meals.
- Wi-Fi access.
- Daily housekeeping and fresh linen.
- A secure campus with staff on-site.
- Yoga practice spaces.
- Garden and rooftop areas.
- Library facilities.
- Laundry facilities.
- Café facilities.

Availability of specific room types and facilities should be reconfirmed for the chosen batch.

11. Food and Meals

The residential programme includes sattvic vegetarian meals according to the school's accommodation information.

The meal arrangement is described as:

- Breakfast.
- Lunch.
- Dinner.

Students with allergies, dietary restrictions or specific nutritional requirements should contact the school before booking to confirm whether their needs can be accommodated.

12. Location and Surroundings

Om Yoga International

Tapovan, Rishikesh, Uttarakhand, India. WhatsApp & Call No. +917060004944

Rishikesh is known for yoga, meditation, spiritual learning and its location near the Ganges River and the Himalayan foothills.

The surrounding area offers opportunities to explore local temples, riverfront areas, markets and nature during personal time, subject to the training schedule.

13. Course Duration and Training Format

- Total programme: 120 hours.
- Prenatal yoga component: 85 hours.
- Infertility yoga component: 20 hours.
- Postnatal yoga component: 10 hours.
- Sound healing component: 5 hours.
- Residential duration: 24 days.
- Accommodation: 23 nights.
- Training days: 21 days.
- Teaching language: English.

These figures reflect the programme structure stated on the website. Confirm the final timetable and distribution of teaching hours with the school before enrolment.

14. Course Fees

The website lists the following accommodation and fee options:

Accommodation Option	Fee Listed
Triple Sharing	₹65,000 / USD \$699
Twin Sharing	₹75,000 / USD \$799
Private Room	₹85,000 / USD \$999
Without Accommodation and Meals	₹30,000 / USD \$350

Please confirm the current fee, currency conversion, inclusions and availability directly with Om Yoga International before making payment.

15. What Is Included?

The residential package information describes accommodation and meals as part of the residential arrangement. Depending on the selected package and the school's final confirmation, the programme may include:

- Course tuition.
- Prenatal and postnatal yoga training.
- Infertility-related yoga sessions.
- Sound healing sessions.
- Accommodation for the specified residential period.
- Sattvic vegetarian meals.
- Guided practical sessions.

- Teaching practice.
- Course assessment and applicable certification arrangements.

Important: Confirm which items are included in each accommodation package and whether certification, course materials, airport transfers or other services involve additional charges.

16. What Is Not Included?

Items that should be confirmed separately and may not be included are:

- Flights and international travel.
- Visa expenses.
- Airport transfers.
- Personal expenses.
- Additional accommodation nights.
- Laundry expenses.
- Medical and travel insurance.
- Meals outside the school's stated meal arrangement.
- Optional excursions and activities.
- Any additional fees not specified in the selected package.

17. Certification and Registration

The course webpage describes the programme in connection with Yoga Alliance USA and prenatal yoga school registration.

Before publishing a final certification statement, confirm with the school:

Certification and Yoga Alliance Registration

- Upon successful completion of the programme, students receive a **120-Hour Prenatal and Postnatal Yoga Teacher Training Certificate** issued by Om Yoga International, Rishikesh, India.
- The programme comprises 85 hours of prenatal yoga training, 20 hours of infertility-related yoga studies, 10 hours of postnatal yoga and 5 hours of sound healing.
- The 85-hour prenatal training is designed around the relevant Yoga Alliance prenatal training standards. Individual RPYT registration is subject to Yoga Alliance's eligibility requirements, including the required 200-hour yoga teacher training and prenatal teaching experience.
- Please contact our admissions team to confirm the school's current registration status, certificate format and individual registration requirements before enrolling.

Avoid promising a particular professional licence or registration outcome unless it is explicitly confirmed by the relevant organisation.

18. Registration and Booking

Students interested in joining should contact the school to confirm the next available batch, accommodation and fee.

The website contains different seat-reservation amounts in different sections: ₹5,000 / US\$50 and ₹10,000 / US\$100. The current registration amount and its terms must therefore be confirmed with the admissions team before this section is used for enrolment.

Before paying, students should confirm:

- Course dates and check-in/check-out dates.
- Selected accommodation type.
- Total course fee.
- Reservation deposit and payment schedule.
- Cancellation and refund conditions.
- Rescheduling policy.
- Certificate requirements.

19. Important Student Information

Students are encouraged to:

- Arrive on the confirmed check-in date.
- Bring comfortable clothing for yoga practice.
- Carry personal toiletries and any required medication.
- Inform the school about relevant practice limitations before participating.
- Follow teacher instructions during practical sessions.
- Respect the school's accommodation and campus guidelines.
- Consult an appropriate healthcare professional when medical guidance is needed.

Prenatal and postnatal yoga instruction requires special attention to individual circumstances. Students should understand the boundaries of their training and refer medical questions to qualified healthcare professionals.

20. Frequently Asked Questions

Q1. How long is the course?

The residential programme is listed as 24 days, including 23 nights of accommodation and 21 training days.

Q2. How many hours does the programme include?

The combined programme is listed as 120 hours: 85 hours of prenatal yoga, 20 hours of infertility-related yoga, 10 hours of postnatal yoga and 5 hours of sound healing.

Q3. Where is the training held?

At Om Yoga International in Tapovan, Rishikesh, Uttarakhand, India.

Q4. Is accommodation available?

Yes. The school lists triple-sharing, twin-sharing and private-room options. Availability should be confirmed for the selected batch.

Q5. Are meals included?

The residential information describes daily sattvic vegetarian meals. Confirm the exact inclusions with the school.

Q6. Is the course suitable for beginners?

Suitability depends on the school's entry requirements. Students should ask the admissions team whether prior yoga experience or a teaching qualification is required.

Q7. Does the programme include postnatal yoga?

Yes. The published programme structure includes a 10-hour postnatal yoga component.

Q8. Does the programme include infertility yoga?

Yes. The published programme structure includes a 20-hour infertility yoga component. This should be understood as yoga-related education, not medical fertility treatment.

Q9. Does the course include sound healing?

Yes. The published programme includes 5 hours of sound healing.

Q10. How can I confirm the next batch?

Contact Om Yoga International directly to confirm the current schedule, availability and fees.

Q11. What is the registration fee?

The website shows two different reservation amounts. Please confirm the current amount and refund terms with the school before paying.

Q12. What should I confirm before booking?

Confirm the course dates, accommodation, total fee, registration deposit, refund policy, course hours and certificate details.

21. Contact and Enrolment

Om Yoga International

Tapovan, Rishikesh, Uttarakhand, India.

Website: <https://www.omyogainternational.org/course/85-hour-prenatal-postnatal-yoga-training>

For enrolment, students should contact the school through the contact details published on its official website.