



# Mama Care

Online / Offline  
Prenatal Sessions

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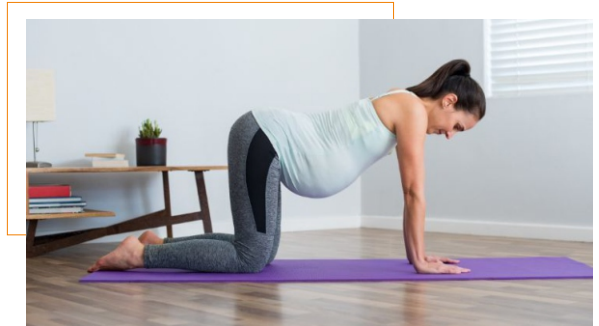
**Live Webinars On**

Healthy Fit Pregnancy & Easy Child Birth



## Info Session

- ✧ Conscious Approach To Pregnancy And Childbirth.
- ✧ Discussion On Individual Concerns And Problems.
- ✧ Importance Of Rest, Nutrition, Posture Care & Exercises.
- ✧ Nourishing Baby In The Womb – Body, Mind & Spirit.
- ✧ Medical Care During Pregnancy.
- ✧ Back Pain, Leg Pain, Acidity Etc. & Their Care.
- ✧ Postnatal Recovery & Wellness.
- ✧ Breastfeeding Is Best Feeding.
- ✧ Newborn Baby Care.



### CREATING COMFORTABLE AND NOURISHING BIRTH EXPERIENCE.

- ✧ Understanding Labor And Delivery.
- ✧ Importance Of "Lamaze" Breathing Techniques For Easy Labor.
- ✧ Delivery In Co-Operation With Doctors.
- ✧ Husband's Role & Support Thro' Labour.
- ✧ Pain Management Through Breathing Techniques.



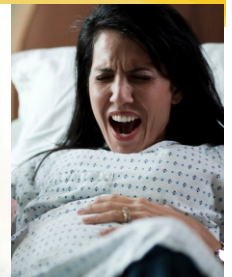
## Practical Session

# Prenatal Exercise

- ✧ Posture care: sitting, sleeping, standing, working walking etc.
- ✧ Easy stretches for better circulation and relaxation.
- ✧ Feet and legs.
- ✧ Back Exercises.
- ✧ Arms and Breast Exercises.
- ✧ Abdominal Exercises.
- ✧ Back muscles.
- ✧ Thighs And Hips.
- ✧ Breast And Pectorals.
- ✧ Pelvic Floor – Kegel Exercise.
- ✧ Special Asans And Pranayams For Pregnant Women.

### BEING BIRTH READY

- ✧ Labor Exercises.
- ✧ Breathing - Relaxation Techniques.
- ✧ Massage & Other Techniques For Comfort & Easiness Of Childbirth.
- ✧ Lamaze' Breathing For Shorter, Comfortable And Confident 'Labour'.







Mama Care is a unique Prenatal / Postnatal learning experience designed by **Dr. Meena Shah** to help you celebrate the miracle of becoming a Mother and journey from being a woman to a healthy and confident mother.

**Participate in Comfort Of Your Home  
Join After 3 Months!!!**



**Dr. Meena Shah**

**Child Specialist – Ante Natal Expert & Master Trainer**

She Is Founder & Pioneer In The Field Of Antenatal Training & Videos In India  
Experience Spanning Close To Three Decades And Having Reached Out To Thousands Of Expectant Couples

*The Magic Of Creating A New Life Can Bring Infinite Happiness  
With A New Direction In Your Life.*



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