



Visit <https://birthagni.com>

Find us on google: <https://g.co/kgs/AHdSrJ>

Podcast: <https://open.spotify.com/episode/5plp8PdYkwiaRbtDNtnfm5?si=e2a591c291e04dd7>
<https://podcasts.google.com/feed/aHR0cHM6Ly9mZWVkcyc5idXp6c3Byb3V0LmNvbS83ODU3NzEucnNz/episode/QnV6enNwcm91dC0xMjcyNTQ2Mw?ep=14>

Find Reviews: <https://g.co/kgs/JfHPrJk>

Instagram:

<https://www.instagram.com/stories/highlights/18151759072278421/>

Own your Birth Program 25+ hrs - 12 wks

Price: 26,000/-

3 Installment Plan: 9250/- INR/ month

2 Installment Plan: 13250/ INR/month

USD rates:

293.07 \$ full

3 Installment Plan: 104.27\$/month

2 Installment Plan: 149.35\$/month

	"The idea is to prepare you enough so you feel you can birth on your own!"	
	Every session is 1.5 to 2 hours long.(1.5 hrs to 2 hrs). Partner presence is crucial. There are demonstrations and you perform them in the class.	

	<u>Subtopics:</u>	
	Labor - Physiology Anatomy Pain and natural relieving methods Labor and events after and its impact on the baby Breastfeeding and Postnatal Care (4sess)	8
	<u>Details:</u>	
1	Nutrition Guidance and complete support	
2	Yoga Guidance and complete support	
3	How does body go into Labor	
4	Early Signs of Labor	
5	How does Labor unfold	
6	How contractions feel like	
7	Processing Mind and Fear in Birth	
8	Physiology and anatomy of birth	
9	How to work with contractions and ease out the pain	
10	Massages and Natural techniques to relieve pain	
11	Prepping the partner to be your birth support	
12	Understanding interventions (routine hospital treatments) that interfere with natural labor	
13	Preparation to birth naturally	
14	Affirmations and Hypnobirthing	
15	Understanding Various use cases and scenarios of birth to know your normal.	
16	Warning Signs for a Home Birth/Birth Center or Hospital Birth	
17	Labor and Breastfeeding connection and its impact on the baby	
18	Understanding Birth Emergencies and working with it	
19	Herbs and Homeopathy for Birth	
	Breastfeeding Preparation (2 +session)	6
1	Initiating Breastfeeding Well	
2	Breast Anatomy	

3	Latching the baby appropriately	
4	Different positions for Breastfeeding	
5	Working with the family to improve breastfeeding and postpartum support	
6	Working with normal newborn breastfeeding issues and solving them yourself.	
7	Low Milk Supply and the reality	
8	Assessing Early Breastfeeding Issues yourself (Breast pain, nipple pain, clogging and more)	
9	Assessing Baby is Getting Enough	
10	Breastfeeding and the social pressure	
11	Partner preparation for Breastfeeding	
	NewBorn Care and new mother care (2 sess)	4
1	Postpartum Care for the mother - General Csec/Vaginal Birth	
2	Postpartum Care for the mother - Perineum and Core - Using the core , Breathwork and Pelvic Floor Exercises	
3	Postpartum Care for the mother - Breast care	
4	Postpartum Care for the mother - Emotional and Social Pressure	
5	Postpartum Care for the mother - preparing the partner	
6	Care for the baby - General Care- Breastfeeding, Diaper changes, Stool Changes, Pee changes etc	
7	Care for the baby - Understanding Sleep Cycles	
8	Care for the baby - Learn the Reassuring and warning signs of baby crying and fussiness	
9	Care for the baby - Isolate hunger cries and others	
10	Care for the baby - Massage	
11	Care for the baby - Understanding Colic and Gas	
	BONUS (only for Private Candidates) worth 6000/-	
	2 weeks of postnatal on call/message support	
	Subsidized Video Consult - 800/- + additional two days of support	
	15% off on next two postnatal sessions/workshops/webinars - Code will be sent after registration	

	Included	
1	Resources to study on a self paced path.	
2	Use cases to navigate the hospital scenarios/home/hospital birth scenarios to have a birth you desire.	
3	Handouts / Digital copies of the highlights of the programs.	
4	Complete Whatsapp/ on call support throughout the pregnancy	