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# Red Stone Ayurvedic Garbhsanskar Program

*Nurturing life—consciously, calmly, completely.*



# WHAT IS GARBHSANSKAR?

Garbhsanskar is a classical Ayurvedic framework where the mother's mind, diet, routine and environment shape the baby's physical, mental, emotional and spiritual foundation. It's not just a class, it's a lifestyle for a calm, confident pregnancy.





# WHY GARBH SANSKAR?

Modern stress, screens and irregular habits first impact the mother's mind, then the baby.

Garbhsanskar offers a peaceful, practical, time-tested path: balanced mind, month-wise diet & gentle routine—so pregnancy feels calm, nourished and supported.

Who should join: planning couples, expecting mothers (any trimester), families seeking conscious parenting.



# THE FOUR DIVINE STEPS

Ayurvedic Garbh & Divine Desire: conception readiness, cleansing intent, mind-body link.

Confident Mother = Confident Baby: emotional stability, positivity, partner support.

4Q & Cognitive Development: IQ, EQ, SQ, PQ micro-practices (music, mantra, stories, empathy)

Month-wise Diet & Activity: trimester-aligned food, yoga, rest, rhythm.





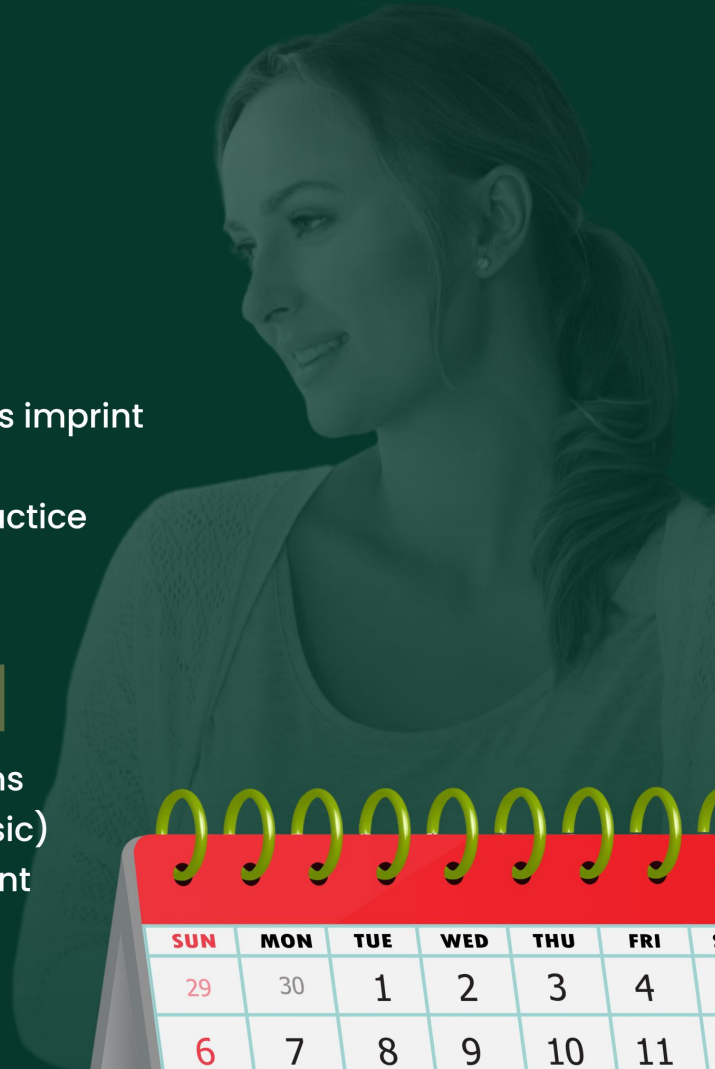
# WEEKLY SYLLABUS

## Week 1: Foundation

- Garbh-Vijnan basics; mother's mind, baby's imprint
- Pre-conception cleansing & nourishment
- Sankalp journaling; breath-based calm practice

## Week 2: Emotional Balance

- Mood & stress reset; gratitude & affirmations
- Partner rituals (communication, touch, music)
- Food-mood link; safe cravings management





## Week 3: 4Q Development

- IQ: focus/memory via garbh-sangeet & stories
- EQ: empathy & bonding cues
- SQ: values & calm attention
- PQ: gentle movement/posture care

## Week 4: Month-wise Plan

- Trimester-wise diet/herbs overview (as advised)
- Sleep-sunlight-rest; birth-bonding orientation
- Personal Q&A; 3-month transition plan



# PRACTICE AND RITUALS

## Session flow:

- Prayer
- Pranayama (Omkar, Anulom-Vilom, Bhramari)
- Mantra/Meditation
- Garbh-Samvad
- Activity During pregnancy (as advised):  
Pumsavan & Simantonayan Sanskar; Abhyanga, Shirodhara, Facial, Foot/Head Massage

Post-delivery: Sutika Paricharya—massage, diet, gradual recovery



# BENEFITS AND IMPACT

**You'll feel:** calmer mind, better sleep, balanced digestion/energy, confident mindset, conscious bonding.

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**Families report:** steadier emotions, smoother trimester experience, prepared parenting.

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**Track record:** documented program outcomes; hygienic, friendly environment; personalized guidance.





# FORMAT, TIMING & FAQs

Format: 1-month cohort · Weekly once (Zoom/In-Clinic)

Sample Timing: Thursdays, 3:00–4:00 PM (Aug cohorts: 7, 14, 21, 28) Includes: handouts, diet charts, audio practices, Q&A

## Quick FAQs:

### Trimester?

Any—content is personalized.

### Partner role?

Highly encouraged (home rituals).

### Medicines?

Only as advised; no self-medication.

### Seats?

Limited; prior registration required.





# JOIN THE NEXT COHORT AND BEGIN CONSCIOUS PARENTING BEFORE BIRTH.

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