



# GARBH SANSKAR

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Let`s make this world a better place together – children are the future and we all as a community bear responsibility for them!

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## **What is Garbh Sanskar?**

**Garbh = womb**

**Sanskar = to teach or impart good values**

Having a completely healthy and intelligent child is the wish of every parent. Have you ever wondered what were the reasons that the mother-to-be had a problem-free and disease-free pregnancy? Motherhood is a beautiful blessing that a woman attains. Just as one wants to have a fruitful tree, one must sow a healthy seed. Likewise, caring for a child does not begin after birth, but already in the womb. In today's fast-paced life, it is a need of every mother-to-be to experience the joy of a nine-month journey and make it unforgettable. To make this dream a reality, let's go back to our ancient Ayurveda science. Garbh Sanskar is the practice of simple activities that contribute to the social, physical, spiritual, and spiritual well-being of both mother and child, since it has been scientifically proven that even in the womb, the baby is like a sponge and with it absorbs everything around it happening around.





Garbh Sanskar – The ancient mechanism of natural intelligence in Ayurveda to program humans on the deeper levels of physical, mental, emotional, social, and spiritual imprints to beget a healthy progeny. It is a scientific program that aims to consciously shape the growth of the fetus in harmony with nature and the factor of time.

Improving, enriching, and strengthening the relationship not only between the mother and the baby, but also with all factors such as the father, family members, friends, and the people around who are connected to this duo.

These impressions are about consciously scientifically shaping the growth of the fetus from its implantation in the mother's womb to delivery as a child outside the womb.

AYUSHAKTI has this extensive knowledge of the Garbh Sanskar and with over 35 years of clinical experience has successfully helped people all over the world on their way to having a completely healthy offspring. Now it's time to share these ancient secrets of Garbh Sanskar directly with you and the world.

The roots of Garbh Sanskar can be traced back to various ancient texts such as the Vedas, Ramayan and Mahabharata (1500-500 BC).

According to Ayurveda, four elements are required for the formation of a healthy baby:

Beeja (germ cells)

- Kshetra (womb)
- Ambu (nutrition)
- Rutu (ideal time of conception)

Garbh Sanskar helps to achieve these 4 elements right from the first decision to conceive.

## We will learn and discover:

- Raise awareness and explain the meaning of Garbh Sanskar
- Assessment of the current state of health
- Knowledge of the monthly development of the fetus
- Monthly nutrition plan according to Ayurveda
- Insight into the DO's and DON'TS during pregnancy
- Trimester yoga and pranayama
- Meditation and its importance
- Literature on increasing positivity in couples
- Right brain activation activities
- Garbhasanvad = talking to the unborn
- Trimester related music and mantras
- Change of lifestyle
- Understanding of Ayurvedic supplements for a healthy baby
- Preparing for childbirth
- Coping with stress
- Postpartum and breastfeeding support
- Assistance with childcare





## Who can practice Garbh Sanskar?

Garbh Sanskar is not only about motherhood, but also about conscious preparation on all levels to achieve, implement and implant the best parenting. This program by Garbh Sanskar begins in the early days to allow both males and females to remain healthy and produce healthy offspring.

Garbh Sanskar is also not only about the nine months of pregnancy, but also about preparing for the health of both men and women a few years before pregnancy.

This educational program can be joined by

- Health practitioner, councilor, midwives
- Who wants to become pregnant
- Who wants to help others to have a healthy child
- Parents , husband, friend of woman who wants to pregnant

Let's learn together about these techniques and their practical application in today's modern times. And let's spread this valuable knowledge together and thus contribute to making the world a better place.

**Language:** • Live classes in English

**Duration:** • 1-hour each total 15 sessions  
• Each session includes Q&A



To register click on **ENROLL NOW** on below given link

<https://education.ayushakti.com/course/Garbhsanskar-49921>

**For any query or required assistance contact details:**

**Email: [education@ayushakti.com](mailto:education@ayushakti.com)**



**Let's create a wonderful future together through a completely healthy new generation of creative and intelligent children!**