

## Proposal for Workshop on “Relaxation Techniques require during Antenatal Period”

Pregnancy brings extra challenges into our life. During pregnancy there are number of changes in our life-style, with our relationship, in the circumstances and both physically and mentally. Handling the challenges of changes is not a big deal, unfortunately we take this as very big issue some times.

The change needs relaxation on our mind and body to face the challenges during pregnancy period. This relaxation not only balances your daily routine, there will be a pleasant transformation within us and with the baby too.

**Relaxation isn't just about peace of mind or enjoying a hobby.**

**Relaxation is a process that decreases the effects of stress on your mind and body.**

Relaxation techniques are a great way to help with stress management

Relaxation techniques can help you cope with everyday stress and with stress related to various health problems as well.

Whether your stress is spiralling out of control or you've already got it tamed, you can benefit from learning relaxation techniques.

**Learning basic relaxation techniques is easy and can be practiced anytime and anywhere.**

### **The benefits of relaxation techniques**

When you feel relaxed and at ease, you feel more in control which leads to calm, realistic responses, helps to take right decision in right time with clear communication to create comfortable environment. The following changes occur on our body:

- Maintain your normal heart beats
- Slowing your breathing rate
- Lowering blood pressure
- Lowering fatigue
- Reducing activity of stress hormones

- Reducing muscle tension and chronic pain
- Reducing anger and frustration
- Improving concentration and mood
- Boosting confidence to handle problems
- Increase the bonding relationship among the partners
- Beautiful sleep
- All above resulting to reduces the pains, normal delivery and healthy baby.

### **Programs & Techniques.**

1. Presentation on Conscious Mind & Sub-Conscious Mind.
2. Body and Mind Relaxation Session
3. Pranayama (Few Yogic Breathing Exercises)
4. Yoga Mudra Techniques
5. Anchoring Techniques
6. Yoga Nidra

### **Details of the Programs:**

#### **Presentation on Conscious Mind and Sub-Conscious Mind.**

- What is Mind? Types of Mind.
- Habits and Sub-Conscious Mind
- Advantages of Auto Suggestions
- Effects of Relaxation Techniques on Sub-Conscious Mind

#### **Body and Mind Relaxation Session**

20 Minutes relaxation will be done – The participants will feel the relaxation on their mind and body. There will be total refreshment with them.

#### **Pranayama (Few Yogic Breathing Exercises)**

Nature has provided prana, the supreme source of power to all human beings. Proper utilization of this free source of energy can make remarkable changes to our health, vitality, self confidence and there are lot of subtle changes like mental peace and clarity of thought that occur in our mind.

Breathing Exercises are one of the major parts in yoga. There will be few breathing technique demonstrations and the participants can practice them.

## Mudra Techniques from Yoga

Yoga Mudras are understood as a healing modality. The Sanskrit word *mudra* is translated as gesture or attitude. A mudra may involve the whole body or could be a simple hand position.

Mudras used in combination with **Yogic Breathing Exercises Enliven** the flow of prana in the body by stimulating different parts of the body involved with breathing. Relating directly to the nerves, mudras create a subtle connection with the instinctual patterns in the brain and influence the unconscious reflexes in these areas. The internal energy is in turn balanced and redirected, affecting change in the sensory organs, glands veins and tendons. This adds a completely new dimension to the yogic experience.

Participants will learn these Mudras and practice the same everyday regularly in their life to enjoy the benefits.

## Anchoring Techniques

How often do you hear a particular piece of music and find yourself transported to another time and place that occurred perhaps many years ago?

Or perhaps you observe the smell of freshly baked bread and instantly recall an aunt or grandparent. These are powerful triggers which anchor the memories strongly within us.

You can set anchors deliberately to help you manage your emotional state.

Anchoring is one of the methods to transfer the positive information to the brain by the psychologist.

Many times we used to do some anchoring in our daily routine life unknowingly, during this session the details and uses of these anchoring techniques explained and practiced.

## Yoga Nidra

Yoga Nidra means Yogic Sleep. It is a state of conscious Deep Sleep. In Meditation, you remain in the Waking state of consciousness, and gently focus the mind, while allowing thought patterns, emotions, sensations, and images to arise and go on. However, in Yoga Nidra, you leave the Waking state, go past the Dreaming state, and go to Deep Sleep, yet remain awake. While Yoga Nidra is a state that is very relaxing,



The methods of meditation and the yoga nidra will be taught end of the workshop.

### **Time Duration**

**3 Sessions - 2 hours per session - 1 session / per day**

Three different dates with 15 – 30 days intervals between each session

### **Session – 1**

Presentation on Conscious Mind & Sub-Conscious Mind  
How to balance our emotions (both negative & positive emotions)?  
Effects of the motions  
Body and Mind Relaxation Session  
Pranayama (Few Yogic Breathing Exercises)

### **Session - 2**

Discussions on Emotional Problems  
How to convert Negative Emotions into Positive  
Pranayama (Few Yogic Breathing Exercises)  
Yoga Mudra Techniques

### **Session - 3**

Anchoring Techniques and How to increase the positivity  
Discussion and Question & Answers on their Emotional Experiences  
Yoga Nidra

**Venue** Organizer's place with free seating arrangement (not in classroom style)

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