

SEEDS CAN BE IMPROVED,
NOT THE TREE

Pre-Pregnancy Plan

(For Pregnant Couple)



GarbhSanskar
GURU APP



Let's Understand
The Amazing Secrets
of Garbhsanskar...

(Complete details
about the daily
Garbhsanskar plan)

PREPARING FOR YOUR DREAM BABY : THE GARBHSANSKAR WAY

THE SCIENCE BEHIND IT

- A human egg or sperm takes about three months to mature. What you eat, think, and do during that window directly shapes the quality of those cells—and, in turn, the health of your future child.
- By fine-tuning lifestyle and mindset, couples can reduce the risk of hereditary disorders or ingrained weaknesses passing to the next generation.
- Solid physical and emotional preparation lowers the odds of complications such as miscarriage.
- Many couples turn to IUI or IVF because a stress-heavy lifestyle has made natural conception harder. Addressing that stress first can make every path to parenthood smoother.
- In short, if you're planning a pregnancy, give yourselves at least three months to upgrade diet, thoughts, and daily habits.

THE "HOW"

- Seven Daily Garbha-Sanskar Rituals – simple, evidence-based practices a couple can share to prime both body and mind.
- Balanced Nutrition + Consistent Yoga – not a fad but a way of life that nourishes reproductive health.
- Expert Guidance – work with specialists who can personalize your routine and keep you on track.

Below you'll find the complete at-home daily Garbha-Sanskar plan for pre-conception care.

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WHAT'S INCLUDE IN THE PLAN ?

DAILY 7 ACTIVITIES

- A daily routine of 7 activities designed to reduce stress for couples and increase positivity in their lives.
- Customized and Personalized.



Time Required
15 - 20 Minutes



When Can It Be Done ?
AnyTime During The Day



Medium
In-App

(Practical / Reading / Audio / Video)



WHAT 7 ACTIVITIES ?



Guided Meditation (Daily 2-3)

Guided meditations, affirmations and “Aatmsamvad” to increase the chances of conceiving.

Reading (Daily 1)

Motivational stories and biographies to develop a positive attitude.



Habit Improvement (Daily 1)

Enhance couple's habits, preparing them for a healthy conception. Just choose the habit, and you're ready to go.

Couple Activity (Daily 1)

To rejuvenate the relationship between husband and wife



WHAT 7 ACTIVITIES ?



Music - Videos (Daily 1) Video, Music Library

An audio library of 100+ tracks of classical ragas, trance music, instrumental, meditation, brain stimulation, mantras and lullabies.

Yoga

Daily routine of meditation, fertility-boosting yoga, and pranayama. Prepare your body and mind for pregnancy with guidance from yoga experts through written and video activities.



Diet

Guide to pure and sattvik diet, 5 meal diet chart, 200+ recipes to boost the fertility rate.

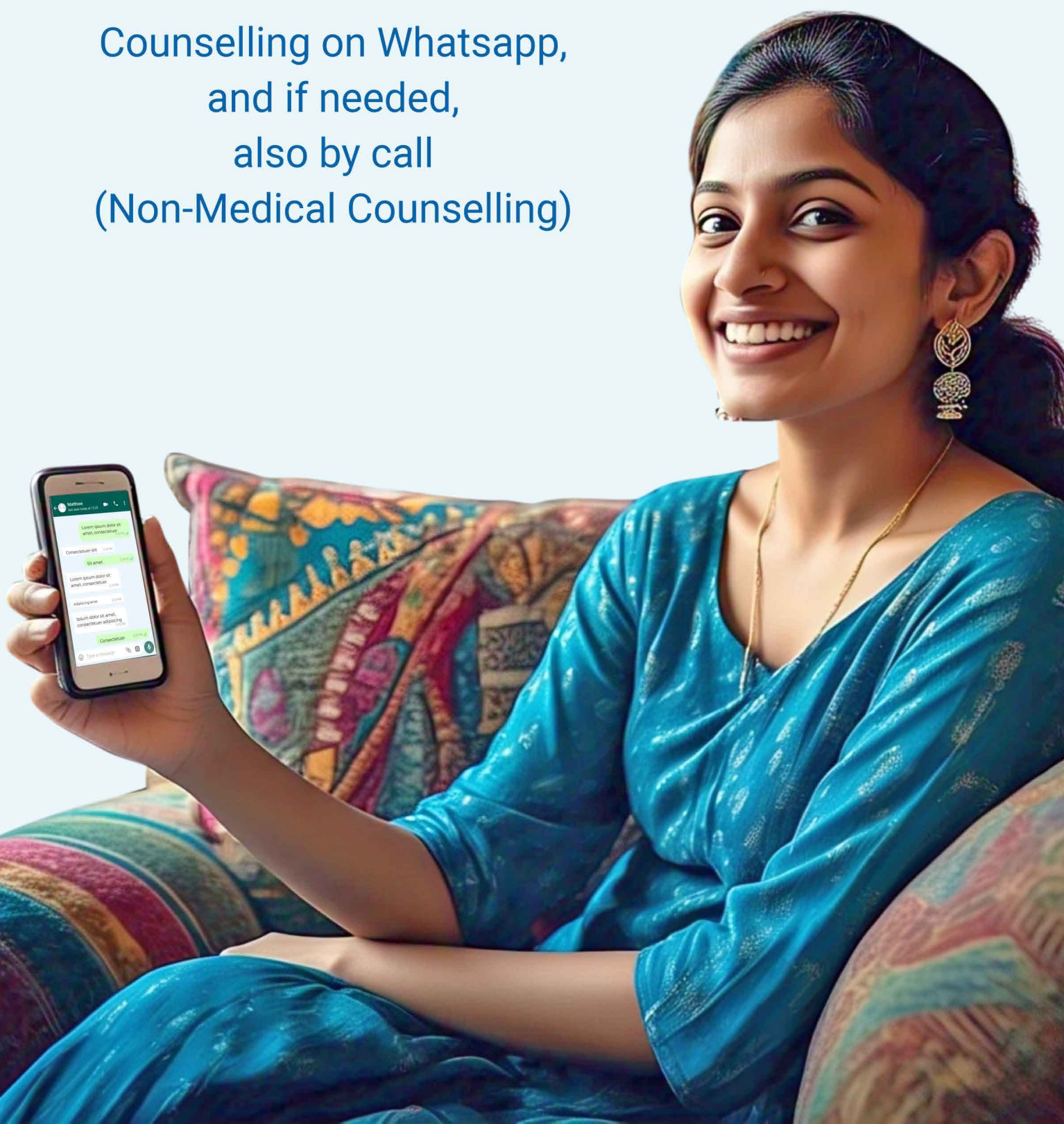
100+ HOURS OF EXCLUSIVE VIDEOS

Includes Garbhsanskar, Spiritual Guru,
Yoga Experts, Old Lectures, Problem-Solving,
and Videos from Doctors.



1:1 COUNSELLING SUPPORT

Counselling on Whatsapp,
and if needed,
also by call
(Non-Medical Counselling)



Add-On Features

(Optional - In Hindi)



LIVE YOGA CLASS

- Daily live yoga sessions to boost up the fertility with India's top Yoga, includes Pranayama, Meditation, Tratak, Yog Nindra, Ball Yoga, Chakra & Mudra Therapy, Face Yoga.



Time

Evening
6:00 pm – 7:00 pm



When Can It Be Done ?

6 Days a Week



Medium

via the
Zoom App

If you miss a live class or the timing isn't convenient, recordings of past Master Classes are available in the app, allowing you to practice at your convenience

Add-On Features

(Optional - In Hindi)

WEEKLY EXPERT CLASS

- Weekly Expert Class (in Hindi) by domain experts like Doctors, Garbhsanskar Gurus, Physiotherapists, Yoga Gurus, Dieticians etc.

Some Topics of the Weekly Class

Postpartum Care - Breastfeeding Technique | Baby Massage

Bathing and Clothing a Newborn | Postpartum Care of Mother | New Beginning after Childbirth

During Pregnancy - Sleeping Technique | Back Pain Management | Constipation, Thyroid, Diabetes Care
Positive Lifestyle | Brain Gym, Creative Mind, 5 Senses Development, Activity Class, Celebrating Festivals

Spiritual Session - Garbhsanskar Maha Yagya | Importance of Spirituality
Mantra and Shloka Therapy | Music Therapy

Delivery Preparation - Lamaze Technique | Easy Delivery Preparation | Hospital Bag Preparation
Fearless Birthing Mindset



Time

Every Saturday
4:00–5:00 PM



Medium

via the
Zoom App



When Can It Be Done ?

4 Classes Per Month



If you miss a live class or the timing isn't suitable, video recordings of each class will be uploaded to the app within 2-3 days, so you can watch them at your convenience

BENEFITS

- Increased chances of conceiving naturally through a Vedic and Scientific
- Stress and Negativity will be under control
- Habit Improvement
- Increased chances of success for IUI, IVF



PLAN VALIDITY AND FEES

Features	90 Days (₹ 1800)
Daily 7 Activities	✓
1:1 Support	✓
100+ Hours of Expert Lecture ^	✓
Planning Tools	✓

Add-On Features (Optional)	
Features	90 Days
Live Yoga Class	₹ 600
Live Weekly Expert Lectures	₹ 600

^ Recordings

How To Subscribe ?

1 Download App **2** Select Validity **3** Pay The Fee to Start

Features

- Available in Hindi, English, Gujarati and Marathi.
- Access on Both Partner's Phones (Husband and Wife).
- Use Anytime, Anywhere, at your own Convenience.
- Unique Follow-Up & Reminder System to keep you on track.

Helpline:

97 2700 6001 | 95 1234 6001 | 95 1234 2016


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Garbh Sanskar Guru | Yoga Guru
(Prenatal Education Expert)



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