



Rita's Pregnancy101

Pregnancy and After Birth Classes



RITA SINGHA
Child Birth Educator

Pregnancy 101 is run by Rita Singha, a mother of two and a passionate child birth educator.

Rita got her Lamaze training from Douglas College, Canada. She has also undertaken informal training in antenatal health and postnatal care from Royal Women's Hospital, Melbourne.

Expectant & new moms who have attended Rita's Pregnancy 101 classes consider Rita as their friend cum mentor who provides proper guidance to them through all aspects of pregnancy & after birth care.

There are plenty of myths floating around. Rita can help you to get ready for a healthy birth & put the facts in front of you, enabling you to make informed decisions about your health & your family's future.

AHMEDABAD

Prahladnagar [H.O]

102 Safal Prelude, Off Corporate Road,
Behind Riviera Antilia, Near Prahladnagar Garden,
Ahmedabad – 380 015.

Naranpura

Surya Physio Care Centre, Opp. Jain Derasar,
Mirambica School Road, Naranpura,
Ahmedabad – 380 013.

Phone: 99251 04024

Email: rita@pregnancy101.in

SURAT

Bunty Bungalow, Opp. Kakaria Complex,
Next to Gold's Gym, Ghod Dhod Road, Surat – 395 007.

Neha: 93755 55556
neha@pregnancy101.in

Tushita: 99982 19799
tushita@pregnancy101.in

www.pregnancy101.in

CLIENT'S SPEAK



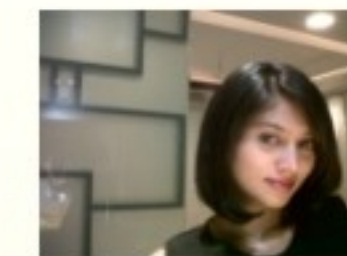
The spiritual sessions take you to some other world. It seems as though an "aura" is created around my baby & me. I know these sessions are making my baby peaceful. This is my second baby and still I am amazed at how much I got to learn.

-Amrita Lal



My husband attended the information session on labor and that proved the most useful to me. At the labor my husband remained with me and knew how to help. I delivered normally and so happy about the entire experience.

-Neetu Mittal



Amidst an unknown place "Ahmedabad", Rita's Pregnancy 101 was like an oasis in a desert for me. A perfect place to make friends and improve your pregnancy health. Through a regular exercise and spiritual session regime, Rita helped me keep fit, have confidence in my ability to deliver normally and remain centred.

-Prajakta Desmukh



Usually I am not able to sit at one place for more than one hour. But for the first time I paid rapt attention throughout Rita ma'm labor class with Birva. It helped me a lot to understand what my wife is going through. Not just physically but also psychologically.

-Karan Patel (Birva's husband)



I had such a good time exercising, meditating & making friends in this relaxed environment that I will definitely join up for my second pregnancy as well. I highly recommend Rita's Pregnancy 101 to all pregnant girls.

-Shweta Kanoi Mittal



There is such a warm and friendly atmosphere but at the same time a very professional and impressive set up.

Rita inspired me to take the best care of myself and my health knowing that my little one would benefit. I found the pre-birth education very empowering and positive.

-Catherine Dhyani

OUR SERVICES

Pregnancy Program (Antenatal):

This program is designed to prepare your body & mind for a trouble-free labor & a healthy future for your baby.

- ✓ Antenatal Exercises Under Supervision
- ✓ Breathing & Pelvic Floor Techniques
- ✓ Spiritual Meditation
- ✓ Hypno Therapy
- ✓ Garbh Sankar Sessions
- ✓ Information Classes
- ✓ Pain Management
- ✓ Special Sessions with Husbands
- ✓ Networking with other Pregnant Women
- ✓ 24 x 7 Support During Labor

Post-Pregnancy Program (Postnatal):

Unlike simply going to the gym, this program is specially tailored for women who have given birth within the past 12 months. Fitness is achieved through individual guidance & special postnatal workouts.

- ✓ Postnatal Exercises Under Supervision
- ✓ Diet Counselling
- ✓ Breast Feeding Guidance
- ✓ Baby Care
- ✓ Mother's Group



WHY JOIN RITA'S PREGNANCY 101?

- ✓ Take care of your mental & physical health during pregnancy.
- ✓ Increase your chances of a normal and safe birth.
- ✓ Learn to trust your body and instincts.
- ✓ Husbands are involved & more informed about what to expect.
- ✓ Support during labor.
- ✓ Connect better with your unborn baby.
- ✓ Long term health benefits to the mother & child.
- ✓ Regain your physique and self-confidence after birth.
- ✓ A place where you can relax & be yourself with like minded women.

You will also enjoy:

- ✓ Pregnancy & Parenting Library
- ✓ Maternity Wear
- ✓ Exchange or Resell Baby Items
- ✓ Participate in Get-Togethers

MYTHS & FACTS

Myth: I can exercise during pregnancy only if I have been exercising during pregnancy

Fact: Specialised pre-natal exercises strengthens muscles and heart, which can greatly ease the labor & birth. In fact, exercising during pregnancy helps increase the chances of normal delivery.

Myth: Eating ghee is important because it will make the delivery easy

Fact: Digestive & Uterus are completely separate from each other. Ghee would never lubricate the birth canal.

Myth: The pain during labor is constant & unbearable

Fact: Contraction pain comes in waves. Mentally prepared women can handle the labor pain with none or minimal medicinal intervention. Breathing techniques help in pain management.

Myth: Sexual intercourse will hurt my unborn baby

Fact: The baby is in a sac surrounded by amniotic fluid. Provided the tummy is not pressed, it is safe to have sexual intercourse in between 4th & 6th months and you may continue if you experience no discomfort even after this period.

Myth: I need to eat for two

Fact: Only 300 calories extra are required per day during pregnancy. It is best to consult a childbirth educator to derive a month-wise diet chart.

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