Pregnancy care programmes

Thaimai — Essence of Motherhood, series of pregnancy care programmes is offered by Isha Argya, Chennai. The programme begins on September 9, 10 a.m., at O2 Health Studio, Nungambakkam.

Isha Thaimai Programme has been initiated keeping in mind the improvement in the health of both the foetus and the mother. The programme includes audio-visual teaching: scientific sessions in simple terms about motherhood and its beauty — beginning with fertilization, changes during pregnancy to delivery, breast-feeding, child care, growth and development. It also includes simple, time tested yogic-practices, asanas and pranayama to suit the mother’s needs. Focus will be on nutrition too. Importance of food and nutritional needs during pregnancy is stressed upon through practical demonstrations of healthy recipes. For details, call 97898 56290 94425 90017.