

## Enjoy pregnancy with the Unique Program from 'Ojas Foundation'

Pregnancy is a period of physical changes but that is not just what pregnancy comprises of. Those aches and cramps can ruin your joy of pregnancy. Those restless, disturbed nights, getting up with cramps could be your pattern of pregnancy, but pregnancy as such is a period of celebration, a blissful state where a woman celebrates the first step to motherhood. As a new mother you deserve to enjoy your pregnancy in a most enjoyable way.

Ojas, a Vedic research organization, has a special program for pregnant mothers, called Janani, with the philosophy of "Giving birth to the mother". Women are guided to strengthen physical health by bringing postural corrections, simple any time do-able exercises, managing cramps and aches, strengthening and preparing you for delivery and thereon. The pelvic tilts, bridging exercises is intended to make your pelvic muscles stronger and supple. Right from the very beginning, if asanas and exercises have been practiced then the end result is going to be the happy healthy pregnancy. Our address: Ojas Foundation, 22/2, judge Jambulingam street, off. Radhakrishnan salai, mylapore, Chennai - 4.



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