



**ABHIMANYU
GARBH SANSKAR**

Since 2005

How Abhimanyu Garbh Sanskar

Enriches Your Pregnancy Journey

**A Complete Holistic Journey
for Mother, Baby & Family**



Join at Any Stage of Pregnancy.
We Guide You Until Delivery.



#1 11 Types of Garbh Sanskar

A Complete Journey of Conscious Pregnancy

Experience our unique Garbh Sanskar methodology featuring 11 transformational practices:



1 मातृ-पितृ
संस्कार



2 षट्चक्र
संस्कार



3 मंगलम
संस्कार



4 समृद्धि
संस्कार



5 अन्न
संस्कार



6 कला सृजन
क्रीडा संस्कार



7 पंचतत्व
संस्कार



8 विद्या
संस्कार



9 धर्म
संस्कार



10 गर्भ संवाद



11 गर्भ ध्यान



www.garbh Sanskar.co.in



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#2 Natural Birth Preparation

Prepare your body and mind through prenatal yoga, breathing techniques, relaxation, and mindful practices to support a healthy and confident birth experience.



#3 Peaceful Pregnancy

Reduce stress, fear, and anxiety through meditation, mantra chanting, and mindfulness practices for a calm and joyful pregnancy.



#4 Conscious Baby Development

Support your baby's physical, mental, emotional, and spiritual development through positive prenatal stimulation and Garbh Sanskar practices.



#5 Strong Parent-Baby Connection

Strengthen the emotional bond between parents and their unborn baby with meaningful daily activities and mindful communication.





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#6 Family Participation

Involve the entire family in the beautiful journey of Garbh Sanskar and create a supportive, loving, and positive environment for the mother and baby.



#7 Healthy Pregnancy Lifestyle

Guidance on balanced nutrition, daily routine, yoga, meditation, and healthy habits to support a safe, joyful, and energetic pregnancy.



#8 Divine Sound & Mantra Therapy

Experience the healing power of mantras, stotras, and Garbh Sanskar music that positively influence the baby's mind, body, and soul.



#9 Positive Mindset & Emotional Well-being

Build emotional strength, self-confidence, and positivity through mindfulness, affirmations, and spiritual practices for a happy and stress-free pregnancy.





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#10 Preparation for Conscious Parenting

Equip yourself with the knowledge, awareness, and confidence to raise your child with love, patience, and mindful parenting practices.



#11 Values & Spiritual Foundation

Inculcate strong values, cultural traditions, and spiritual wisdom in your child for a meaningful, ethical, and balanced life.



#12 Baby Brain Development & Inner Wisdom

Stimulate your baby's brain, memory, creativity, and intelligence naturally through proven Garbh Sanskar techniques for holistic growth and inner wisdom.



Trusted by Thousands of Families Since 2005



39,000+
Happy Parents



575+
Workshops



9,000+
Online Participants



2,00,000+
App Users



Medical Disclaimer

Abhimanyu Garbh Sanskar is a wellness education program and not a substitute for medical advice, diagnosis, or treatment. Please consult your doctor for any medical concerns or conditions. We support your journey towards a healthy pregnancy along with proper medical care.



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