

PRENATAL WELLNESS PACKAGES

A nurturing blend of mindful movement and therapeutic care, designed to support you through every stage of your pregnancy.

At Zaazen, our prenatal offerings are thoughtfully curated to help you feel supported, relaxed, and deeply connected to your changing body.

Each package combines guided prenatal exercise with specialised massage therapy to enhance circulation, ease discomfort, and promote overall wellbeing for both mother and baby.

Group Prenatal Sessions

A supportive and uplifting environment to move, connect, and share your journey with other mothers-to-be.

Single Session

1 Group Prenatal Class + 1 (60-minute) Prenatal Massage

Wellness Series

10 Group Prenatal Classes + 3 (60-minute) Prenatal Massages

Complete Care Package

12 Group Prenatal Classes + 4 (60-minute) Prenatal Massages

For Enquiries - 9811024233



Private Prenatal Sessions

A personalised, one-on-one experience tailored entirely to your body's needs.

Single Session

1 Prenatal Exercise Class + 1 (60-minute) Prenatal Massage

Wellness Series

10 Prenatal Exercise Classes + 3 (60-minute) Prenatal Massages

Complete Care Package

12 Prenatal Exercise Classes + 4 (60-minute) Prenatal Massages

Why Choose Prenatal Care at Zaazen?

- Expert-led, safe and mindful movement practices
- Specialised prenatal massage to relieve tension and improve circulation
- A holistic approach to support physical, emotional, and mental wellbeing
- A calm, nurturing space designed for deep rest and rejuvenation

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ZEN FOR TWO

A Prenatal Wellness Day for You & Baby

Slow down, breathe deeply, and sink into a day of calm designed just for expecting mamas. Zen for Two is a nurturing wellness experience to support your body, soothe your mind, and deepen your connection with yourself and your baby.

This wellness journey includes:

- Prenatal Yoga to stretch, strengthen, and release
- Guided Meditation for emotional balance and inner peace (both sessions together will be 1.5 hours long)
- 60 mins Prenatal Massage to ease tension and promote relaxation

Total Duration - 2.5 hours

Whether you're in your first or third trimester, this day is your invitation to rest, reconnect, and feel supported on your motherhood journey.



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