

zaazen

WELLNESS



Pre & Post Natal Services



About *Us*

Zaazen Wellness is a holistic health and wellness sanctuary offering thoughtfully designed programs to guide each individual on their journey towards a healthier, more vibrant life.

Founded in 2016 by Jayati Sehgal, a certified pre & postnatal movement specialist, Zaazen began as a center dedicated to the health and well-being of expecting women and couples. The initial vision was simple: to create a space where pregnant women and new parents could access all the information and services they needed to have the most fulfilling and empowering birth experience.

In 2025, Zaazen was reimagined as an integrative health and wellness center for everyone—focused on birth support, longevity, self-care, community, and holistic well-being. Our team of professionals is committed to enhancing your mental, physical, and emotional health at every stage of your journey.

Our mission isn't just to build a wellness center; it's to create a wellness sanctuary—a place where you can disconnect from the hustle of daily life and focus on what truly matters: YOU.

At Zaazen, we believe in nurturing **Wellness from Within.**

Our programs offer the perfect balance of time-honored wellness practices combined with the best of modern health and technology. With a qualified team of doctors and nurses, we ensure that every service and treatment is delivered mindfully and carefully, always prioritising your health and safety.

Zaazen/Birth



WHERE IT ALL BEGINS

Here is a quick overview of our pre and postnatal services that have been thoughtfully designed to make your pregnancy and birth as comfortable and empowered as possible!



Our *Services*

PRENATAL YOGA & STRENGTH CLASSES

Conducted by Jayati Sehgal | One-on-One
In-person & Online



Our customised exercise programs are created in tandem with your doctors observations based on your most recent scans, taking into account each individual's specific physical requirements and limitations.

Each class will be **45 minutes** long and will focus on strength as well as flexibility.

Our classes include the following:

- Key prenatal yoga asanas focused on a natural birth
- Mobility focused movements (with emphasis on hip + pelvic mobility)
 - Stamina building exercises recommend during pregnancy (geared towards a natural birth)
 - Strength training using light weights and resistance bands
 - Pelvic floor strengthening
 - Breathing exercises for circulation
 - Labour breathing techniques

(For online classes a google meet link will be shared with you prior to your scheduled class)

Classes will be scheduled according to the convenience of the client
Subject to instructor availability

Group Classes

Our group classes are intimate, with ample attention given to every participant. These classes are relaxing and restorative, with a strong focus on preparing the body for a natural birth. Every yoga class includes asana practice, pranayama, and guided meditation.

ZAAZEN WELLNESS MASSAGE THERAPIES



Prenatal Relaxation Massage

A full body massage to rejuvenate the body, relieve muscle tension, stress, and fatigue. Our special prenatal massage bed is designed to allow you to lie on your tummy without any pressure or discomfort to you or the baby. This allows our therapist to target all the possible sore spots on your back, to provide you the most relief and deepest relaxation.



Prenatal Labour Induction Massage

37 weeks onwards.

Acupressure and massage on certain specific pressure points to stimulate the process of natural labour.

ZAAZEN WELLNESS MASSAGE THERAPIES



Perineal Massage

Perineal massage is a simple yet effective way to prepare your body for a natural birth. Our experienced therapists will guide you through gentle and targeted massage techniques to help:

- Increase perineal flexibility and elasticity
- Reduce the risk of tearing during labour
- Promote a smoother, more comfortable birth experience



Postnatal Relaxation Massage

A welcome treat for the body after delivery, post delivery massages help to ease muscle tension, sore spots, and improve mobility & blood circulation. Above all, they help with overall relaxation and well being.

NUTRITION PROGRAMS

for Pregnancy + Post Partum

Our personalised nutrition counselling enables expecting moms to make informed choices for a healthy pregnancy. Expert guidance on optimal nutrient intake supports the baby's development and maternal well-being. We help you navigate pregnancy cravings, food aversions, and digestive changes. By fuelling your body with the right foods, you'll feel confident, energised, and prepared for motherhood.



PRENATAL MIND-BODY COACHING

A specialized version of Mind Body Coaching, tailored for preconception, pregnancy, and postpartum recovery. This program provides individualized guidance to support your body's unique needs at every stage.



HOLISTIC MAMA NOURISH PROGRAM

A nutrition-based program designed to support optimal nourishment during preconception, pregnancy, and postpartum. With a personalized plan, it helps you meet your body's evolving dietary needs.



NOURISH 40 PLAN

A postpartum care plan focused on nurturing new mothers through the first 40 days after childbirth. Rooted in traditional postpartum practices, this plan promotes healing, energy restoration, and hormone balance through nutrient-dense meals, gentle movement, and mindful self-care.

PHYSIOTHERAPY



Our experienced and trained physiotherapists are dedicated to helping you manage common pregnancy-related discomforts, including:

- Lower back pain and sciatica
 - Pelvic floor discomfort
 - Hip and pelvic pain
- Posture-related issues and muscle imbalances
- Other aches and pains that may arise during this time

A pregnant woman with long dark hair is sitting on a blue mat in a yoga class. She is wearing a light-colored t-shirt and dark pants, and is gently holding her belly. In the background, other women are also sitting on mats, some in a meditative pose. The room is bright and airy, with a large potted plant on the left and a wooden shelf on the right.

Lamaze
Childbirth
Preperation
Classes

LAMAZE CHILDBIRTH PREPARATION CLASSES

Please find below the outline of the Childbirth preparation class we offer. In case you would like to arrange a call with our childbirth instructor please let us know. The classes are 2 hours long, and can be scheduled according to your convenience.

OPTION 1

Session 1

- All about Labor
- How your body is designed to give birth
 - Signs of Labor
 - Stages of Labor
- When to Push and How to push
 - When is a cesarean needed
- Interventions, Episiotomy

Session 2

- Comfort measures
- Understanding Pain
- How to cope up with Labor
 - Positions for Labor
 - Breathing for Labor
- Using different comfort measures
- Difference between Natural and Medical comfort measures
 - Their risks and benefits
 - Partners support

Session 3

The 4th Trimester

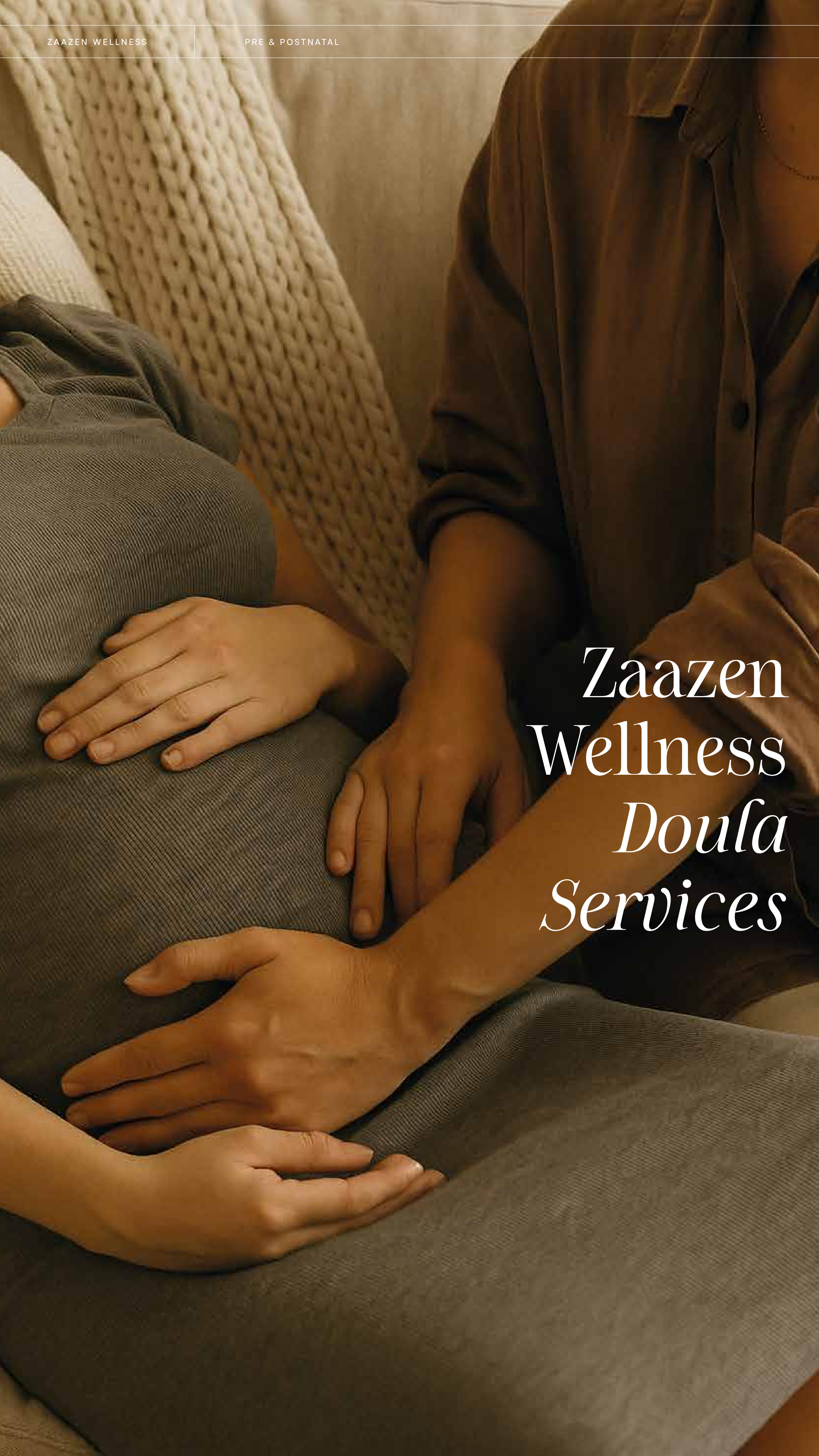
- How to care to of yourself and baby after birth
 - How to massage your baby
 - Partners role
 - Early days after birth of baby
- Nutrition for breastfeeding mother
 - Early Parenting tips

Session 4

- All about Breastfeeding
 - The Golden Hour
 - Breast crawl
 - What is breastfeeding
- How breastfeeding works
 - How is milk produced
 - How to ensure that you are producing enough milk for baby
- How to ensure for a good latch
 - Breastfeeding Positions
 - Burping the baby
- Understanding baby's hunger cues
 - Partners role in breastfeeding

OPTION 2

We also provide you with the option of combining the 3rd and 4th class (mentioned above) into 1 class. This would be a slightly longer class for a duration of 3/3.5 hours since it would be covering two topics in one.

A pregnant woman is lying down, wearing a grey ribbed top and dark grey pants. Her hands are resting on her belly. A doula, wearing a brown button-down shirt, is sitting next to her, with her hands also resting on the woman's belly. The background is a light-colored, textured fabric, possibly a blanket or pillow. The overall mood is calm and supportive.

*Zaazen
Wellness
Doula
Services*

ZAAZEN WELLNESS DOULA SERVICES

What is a Birth Doula?

A birth *doula* is commonly known as a birth assistant or labour support specialist. A doula is also known as a birth coach and is someone who attends to the expectant family before, during and just after the birth of their baby. A doula is trained to deliver physical, emotional and informational support to expectant mothers and families they work with. In recent years, doulas have become increasingly popular, owing to more and more parents that opt for alternative, modern birthing options.

What does a Doula do for you?

Holistic support for both parents: We recognise both partners need emotional care during pregnancy and labour. Your doula will provide this support to the mother and her partner at every stage and in every way.

Information & Communication: Manage and provide you with timely information about all the stages of your pregnancy.

Accurate childbirth information: From a traditional hospital birth to a water birth, your doula will provide you with accurate information and what your options are to help you make the right decision based on your pregnancy.

Comfort during labour & childbirth: While both mother and her partner experience one of the most important and rewarding time of their lives, your doula will be able to give support when needed to manage the stages of the delivery. Your doula will play the role of a birth coach, guiding you through the various stages of labour and childbirth. She will help you understand which labour positions are best suited your body to your body, and will continuously work towards your relaxation using labour massage techniques (which include back and shoulder massages).

Secure environment for labour and birth: Your doula will work with you beforehand to create a birth plan, and will try to ensure that your birth plan is understood and followed to the largest extent possible by all caregivers involved. Your doula will ensure a safe and nurturing environment around you wherever you choose to experience the birth.

What Doula's don't do for you

It is important to note that Doulas do NOT:

- Perform medical procedures
- Perform surgical procedures
- Perform blood pressure checks
- Administer IV fluids- Take samples for blood work
- Perform manual exams for medical purposes
- Make decisions for medical procedures.

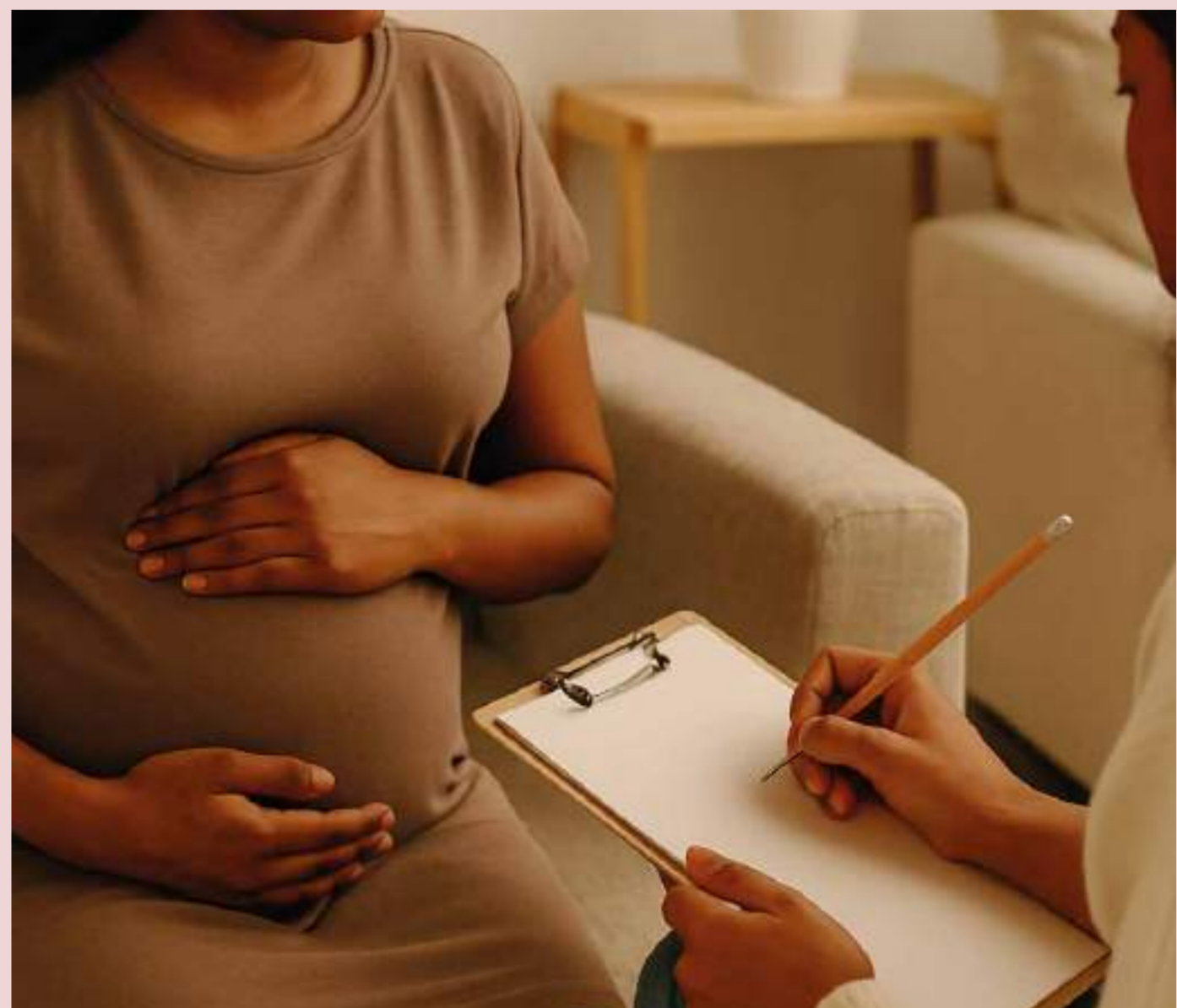
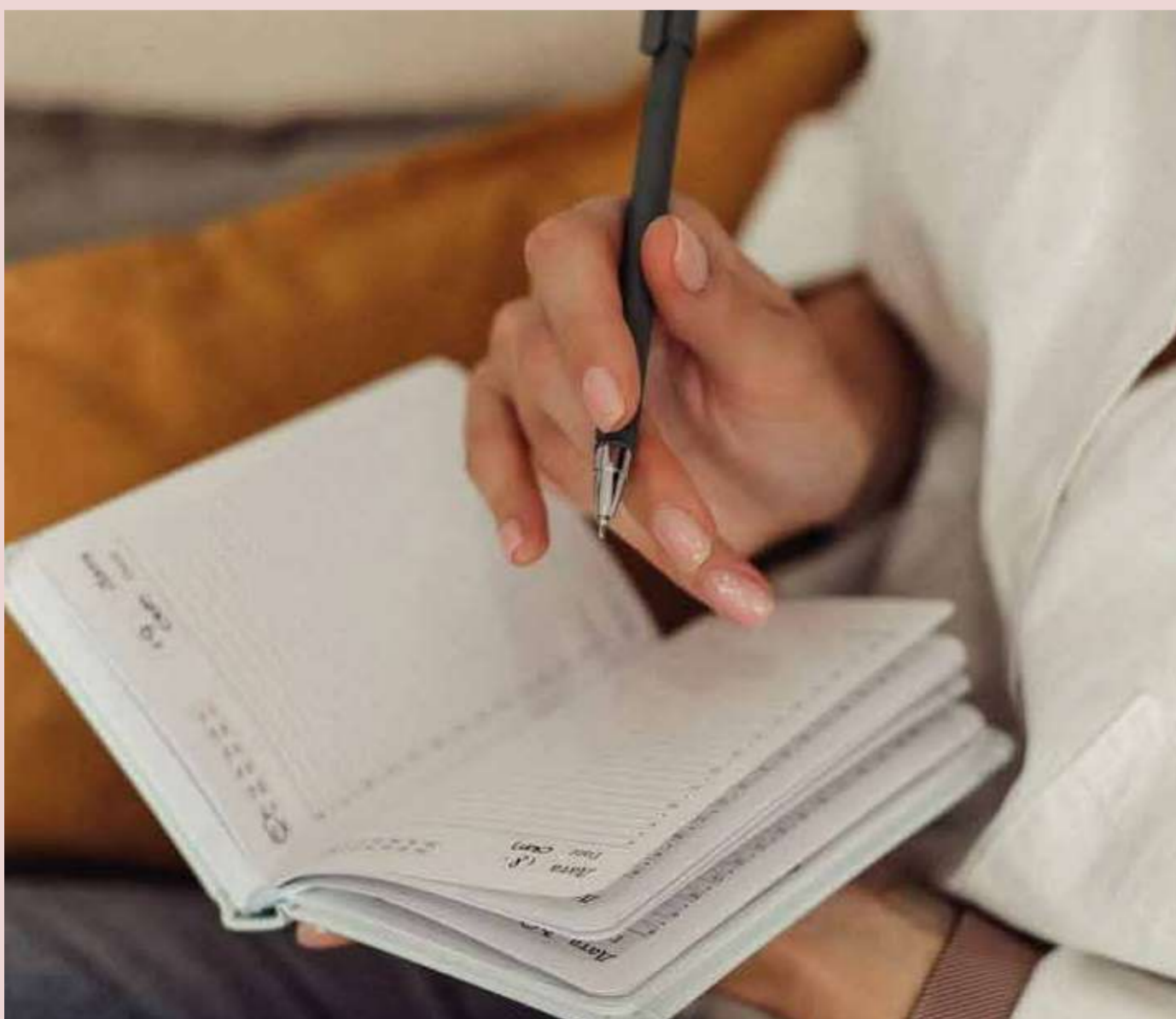
For all similar needs, advise you to consult your OB-GYN and rely on a medical professional.

Services Provided

- Two Prenatal meetings (which will be based on expectations of the birth, birth options, birth preparations, informational support regarding Labour, hospital procedures etc).
- Physical presence during the entire duration of birth in the hospital.
 - Online support all through the pregnancy
 - One (1) Postpartum visit.

PRENATAL COUNSELLING

Pregnancy can be a transformative and joyful journey. However, it can also present unique challenges that impact physical, emotional, and mental health. Our prenatal counselling services offer a safe, supportive, and non-judgmental space for expecting mothers to explore their feelings, concerns, and aspirations.



Postnatal *Programs*



POSTNATAL REHAB

Our personalised postnatal rehabilitation programs are specifically designed to help you restore core strength in your abdominal and pelvic floor muscles—an essential step before embarking on any other exercise routine after giving birth. If you've had a vaginal delivery, you can typically begin this program 4-6 weeks postpartum. For those who have had a C-section, it's generally advised to wait 8-12 weeks before starting, depending on your individual recovery process.



POST-PARTUM COUNSELLING

The postpartum period can be a challenging time for new moms, as hormonal changes in the body often impact mental and emotional well-being. Our postpartum counselors specialise in supporting new mothers as they adjust to life with a newborn and a shifting reality. By offering a safe, understanding space, we provide the support needed to help navigate this transformative period with confidence and care.



NUTRITION COUNSELLING

Our postpartum nutrition counseling program is designed to help new mothers nourish their bodies during the recovery phase. We offer personalised guidance to meet nutritional needs, boost energy levels, support breastfeeding, and promote overall well-being. Our experts work with you to create sustainable, balanced meal plans tailored to your unique needs. This program allows you to prioritise your health while caring for your newborn.



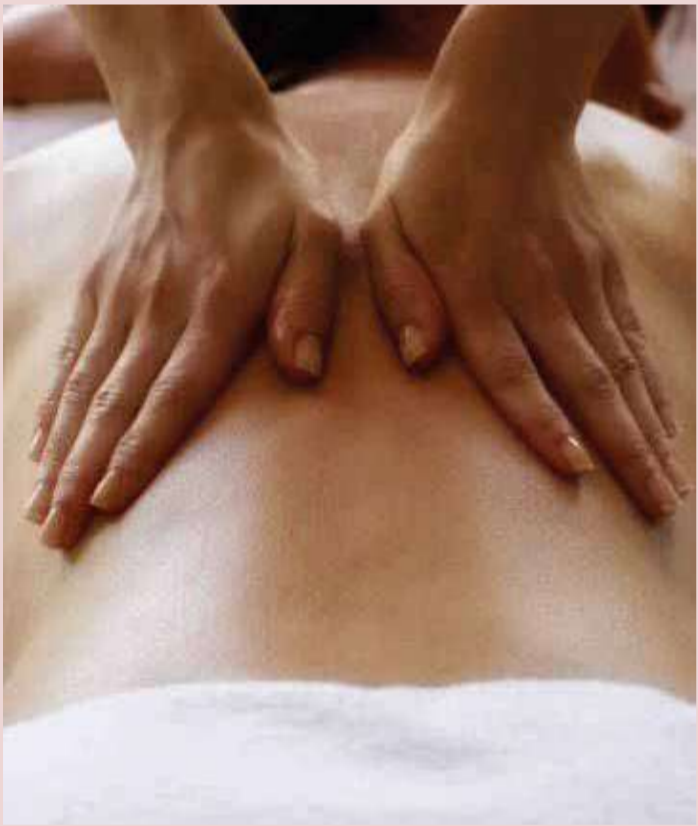
POSTNATAL PHYSIOTHERAPY

During or after pregnancy, the body can experience issues such as diastasis recti or pelvic floor prolapse, which can significantly affect recovery after delivery. Our skilled physiotherapists are trained to identify and address these concerns, ensuring you can return to your daily activities with minimal discomfort or disruption.



LACTATION SUPPORT

Our trained and certified lactation counselors are here to support you with all aspects of breastfeeding after the birth of your baby. This includes guidance on proper latch techniques, finding the breastfeeding position that works best for you, optimising your milk supply, and understanding your baby's nutritional needs, among other key areas. Consultations can be held at Zaazen or in the comfort of your home, since caring for a newborn can make leaving the house a challenge!



POSTNATAL MESSAGES

Postnatal massages are a great way to support your recovery after childbirth. These massages are specifically tailored to help new mothers relax, ease tension, improve circulation, and also relieve discomfort caused by the physical changes that occur during pregnancy and delivery.

EMS KEGEL CHAIR

Our EMS Kegel chair is designed to support pelvic floor health through Electrical Muscle Stimulation (EMS). It provides targeted stimulation to the pelvic floor muscles, helping strengthen and tone them, which is especially beneficial during the postpartum period or even otherwise. The chair can assist in improving pelvic floor function, reducing incontinence, and promoting overall pelvic health. It offers a non-invasive, comfortable treatment option for those looking to enhance their recovery and regain strength after childbirth.





Contact Us

☎ +91 98110 24233 | +91 99111 50457

✉ info@zaazenwellness.com

📷 [@zaazenwellness](https://www.instagram.com/zaazenwellness)

🌐 www.zaazenwellness.com

📍 E-60 Greater Kailash Part-1, Main Road
Landmark: Phoenix Hospital

**For pricing, booking, and Inquiries please contact the
Zaazen Reception on +91 98110 24233**