

## While planning a baby – PRECONCEPTION PROGRAMMES

PROGRAMME	DURATION	PARTICIPATION
OMNIO PRECONCEPTION – Includes Package for daily activities at home	Session of 2 hours and package usage at home 3 months to 1 year	Destress and Empowerment for couples planning a baby or undergoing fertility treatment
WOMB WORKSHOP	8 separate workshops of 1 to 2 hours each	

## During any term of pregnancy – PREGNANCY PROGRAMMES

PROGRAMME	DURATION	PARTICIPATION
OMNIO PRENATAL – Includes Package for daily activities at home	Session of 2 hours and package usage at home 2 months to 9 months	Destress, Relaxation, Mind Nourishment and Empowerment for couples in any term of pregnancy
WOMB WORKSHOP	8 separate workshops of 1 to 2 hours each	

## WOMB [World Of My Baby] – WORKSHOPS DURING PREGNANCY AND PRECONCEPTION

WOMB MANDALA	Colour Therapy
WOMB HEART	Heart Intelligence
WOMB MATH	Math Meditation
WOMB SCIENCE	Thinking Skills
WOMB ART	Art Therapy

WOMB READING	Spiritual Education
WOMB CONVERSATION	Communication with Baby
WOMB PLAY	Bonding and relationship building

### **Birth to 2 years of age – INFANCY PROGRAMMES**

<b>PROGRAMME</b>	<b>PARTICIPATION</b>	<b>DURATION</b>
QUANTUM BABY CLUB – Play, social learning and conscious mindfulness for infants	Babies from Birth to 2 years	1 hour on week days
OMNIO INFANCY – Includes Package for daily spiritual learning at home	Babies from Birth to 2 years [can be used up to 6 years]	Session of 2 hours and package usage at home from birth up to 6 years of age