

Music Therapy For Pregnancy And Post-childbirth



fernandez

Built for Birthing

"Music is the healing force of the universe"

Albert Ayler

Music Therapy is the science and art of using music to promote health. Since ancient times, it is believed to have healing powers. It is an evidence-based practice used in hospitals across the world.

Why Music Therapy?

Music, more than just fun and entertainment, can affect our brains profoundly. During pregnancy and after childbirth, music contributes to countless health benefits.



Numerous Benefits of Music Therapy

- Reduced anxiety
- Bonding with the unborn baby
- Stress management
- Calming the baby after birth
- Emotional support
- Birthing support
- Pain management
- Regulation of hypertension & heart rate
- Mind, body & spiritual support
- Sleep improvement



What we do at Music Therapy Classes...



During Pregnancy

- Training the mother and partner to use music during labour and birth.
- Preparation for birthing by daily music therapy practice routine.
- Group music therapy sessions for better sleep, psychological and spiritual wellness, and bonding with the unborn baby.

Post Childbirth

- Managing postpartum blues and depression.
- Bonding with your newborn, calming the baby, aiding brain development using musical play.
- Music therapy with Kangaroo Mother Care
- Music therapy for breastfeeding support





About the therapist



HARSHIKA GUDI

She holds a Masters in Psychology with 10 plus years of experience as a lecturer and trainer. She is a Certified Music Therapist for healthcare.



Have a happy and healthy experience!

To join or learn more about our classes, please reach out:

**Fernandez Stork Home,
Banjara Hills**



Call 1800 419 1397

