

HELLO FROM ANKITA

As a mother, sportswoman, and coach, I have designed The Baby Body program based on my personal experience of staying fit, healthy, and active during and after pregnancy. My passion for women's wellness 1ed m e to holistic develop a program tailored specifically the unique body types of Indian women. Through this program, I aim to empower women to prioritize the r physical and mental health during the transform the owiney of motherhood.



Sportswoman, certified Marathon Coach.

AWPT Australia Qualified women health expert,

Mother & Founder of The TRIBHER

HIGHLIGHTS



Live & Recorded Pre Natal & Post Natal Programs



Yoga & Exercis



Childbirth Preparation



Mental Calmness



Expert Trainers



PRE NATAL YOGA

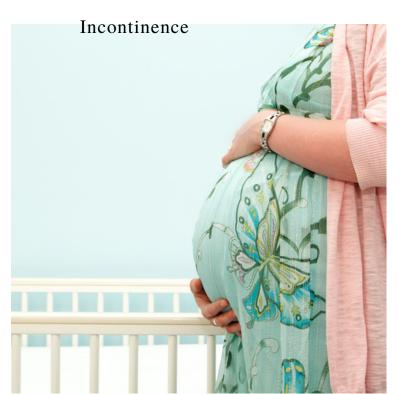
₹1499/Month

- Pregnancy Specific Asanas
- Better Mobility & Strength
- Prepare for Normal Delivery
- Mental Calmness during Pregnancy

PRENATAL EXERCISE

₹1699/Month

- Pregnancy-Specific Strength Exercises
- Prepare for Normal Childbirth with our Signature Program
- Reduce lower back / pelvic / hip pain
- Overcome Hamerroids and





PRE NATAL ALL INCLUSIVE

₹2499/Month

Inclusive of Everything from Prenatal Yoga and Prenatal Exercises

Signature Post Natal Programs

Recommended by Gynecologists & Maternity Hospitals

Program includes Recorded Videos & Live Group Sessions.

Repair Diastasis Recti

Strength & Mobility

Unique Pelvic Floor Muscles Strengthening , Technique

Helps Get Back In-Shape





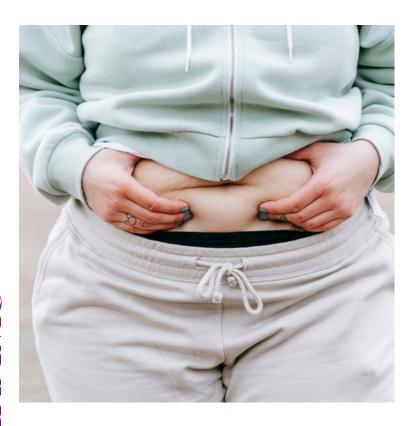
Reduce Mummy Tummy or Diastasis Recti



Reduce Post Pregnancy Pelvic Pain



Reduce Lower Back Pain



Repair Diastasis Recti with corrective rehab

₹3299/Month

Repair abdominal separation
Reduce back and joint pain
Treat incontinence and

haemmorids



GOODBYE MUMMY TUMMY

₹2999/Month

- Reduce Mummy Tummy
- Repair Diastasis Recti
- Pelvic Floor execises post normal delivery



Weightloss

₹3999/Month

This program is designed with a combination mummy tummy program and postpartum yoga so you lose weight holistically, in the right manner without over loading your body

POSTNATAL PROGRAMS



POST NATAL YOGA

₹1999/Month

- Improve Mobility
- Increase Lower Back Strength
- Get you confidence back

WEIGHT LOSS PROGRAM

₹3999/Month

A carefully designed program that combines yoga & exercise with smart nutrition plan to help you loose weight and gain strength







MIND

Sessions on Mind Management.

Expert Panel to share ways to

de-stress, stay happy and be positive

BODY

We offer combinations of exercise regimes for an active body and Prenatal and Postnatal health issues





NUTRITION

An Expert Nutritionist offering a generic balanced diet for natal care and specific conditions

BY EXPERTS

Ankita and a team of gynaecologists answer queries regarding natal care and how to create a safe space for mothers to share openly





I was hesitant to start exercising after giving birth, but the postpartum fitness workouts from Tribher made it easy to stick with it.





Srijana

IT Professional

I started my prenatal journey with TRIBHER a year ago and continued with postnatal program. I havent felt this strong ever. im my fittest and strongest ever



Connect with Us



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