

A man with glasses and a blue t-shirt is kissing a pregnant woman on the cheek. The woman has curly hair and is wearing a grey tank top and a maroon cardigan. They are standing in front of a window with white curtains. The man is holding the woman's belly with both hands.

TRIBHER

TRIBHER

Mind & Body wellness for Indian Mothers

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 led me to develop a holistic program specifically tailored to the unique body types of Indian women. Through this program, I aim to empower women to prioritize their physical and mental health during the transformative journey 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 &
Exercise



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 Incontinence



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
haemorrhoids



GOODBYE MUMMY TUMMY

₹2999/Month

- Reduce Mummy Tummy
- Repair Diastasis Recti
- Pelvic Floor exercises 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



WHY JOIN US



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





Nayandeep

Doctor

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



Srujana

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



Ankita: 9845317359



@thecookie_runner



@tribher.health



tribher.com