

Pregnancy Harmony

MUSIC WELLNESS PROGRAM FOR EXPECTING MOTHERS



Examples of Activities & Topics Covered in Each Session

Our 60-minute sessions are packed with enriching activities and enlightening discussions, tailored to enhance your well-being during pregnancy and nurture your connection with your baby.

Here is what you can expect in each invigorating session:

Mom's Wellness

<i>Relaxation Techniques</i>	Learn various relaxation techniques to release muscle tension at any time and place.
<i>Relaxing Music Sessions</i>	Experience dedicated music sessions filled with calming and soothing melodies to help you unwind and relieve stress.
<i>Exploring Different Music Genres</i>	Learn to use different music genres throughout your day to manage stress and boost your energy for positive outcomes.
<i>Growing in Knowledge</i>	Expand your knowledge for your well-being. Topics covered in sessions include: "Dealing with Stress, Anxiety, and Negative Thoughts", "Simple Techniques for On-the-Spot Muscle Relaxation", "Setting Interior and Exterior Boundaries for Your Wellbeing", "Coping with Life's Challenges", "The Influence of Music on Fetal Development", "Maximizing the Benefits of Music Listening", and more.

Baby's Wellness

<i>Bonding with Your Baby</i>	Learn various ways to bond with your child through musical activities, including specially composed music, lullabies, songs, and guided visualizations.
<i>Music for Baby's Development</i>	Discover specially curated music to support your child's cognitive and physical development during pregnancy and beyond.
<i>Nurture Connection</i>	Receive a personalized list of music based on your preferences, curated by our state-of-the-art AI software to benefit your child both physically and emotionally.

Bonus: Online Access

In addition, each participant in our in-person sessions receives free access to a dedicated online platform with personalized music recommendations, resources, and tools!



www.MelodiesOfJoy.com