

PROGRAM
PRENATAL WELLNESS
VIRTUAL SUMMIT

March 21

Access Amazing Presentations From Our Experts



Shital Lathiya

WHY PRENATAL EDUCATION AND ITS IMPACT ON OUR ADULT LIFE

The journey of conscious parenting begins with the intent to nurture. In this lecture you will learn about prenatal education, or Garbh Sanskar, and how it shapes a child's emotional, intellectual, and spiritual growth. Influenced by ancient wisdom, it instills positivity, balance, and inner strength, helping children grow into harmonious, wise adults who contribute meaningfully to society.



Laura Uplinger

PSYCHOHISTORY: A NEW PERSPECTIVE

History doesn't usually register what went on in the homes and playgrounds of a nation. It registers the life of monarchs, their battles and politics their deeds and conquests. Laura will talk about what is psychohistory the studies of childhood - starting from the prenatal period - especially how children were treated. Its findings are astounding and sobering. Our atavistic luggage is a very heavy one.



Darcia Narvaez

HUMANITY'S EVOLVED NEST PROMOTES LIFELONG WELLNESS

In this presentation you will learn about The "evolved nest" organization and how it supports mothers and children through community care, affectionate touch, and nature-connected practices. Essential in early years, it fosters a wellness-oriented neurobiology in children, impacting health and sociality. Providing this nurturing environment is an ethical imperative due to its long-term societal and planetary benefits.



G. Meera

MOTHERS OF YORE- HOW A MOTHERS' CONSCIOUSNESS DURING PREGNANCY MOLDS THE CREATION OF THE PROGENY

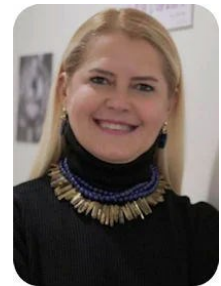
Dr. Meera traverses through the probable state of minds of Mothers of times of yore- the central characters in Ramayana and Mahabharatha to throw light on if it has a bearing in the minds of progeny. A sure takeaway for 21 st century partners to prepare for a healthy parenthood.



Sacha Stone

PRENATAL LIFE WILL SOON BE AT THE CORE OF EVERY NATION'S POLICIES!

This lecture emphasizes the importance of recognizing prenatal life as central to future national policies. It explores how prenatal experiences shape human potential and advocates for policies that support the well-being of parents and children before birth.



Nese Karabekir

MOTHER BABY THERAPY-BABY PSYCHODRAMA

Baby Psychodrama is a therapeutic approach using group psychotherapy, focusing on spontaneity, creativity, and action. It explores babies' early experiences, from womb life to birth, helping them "tell" their stories. This presentation covers combining psychodrama with baby therapy and includes videos demonstrating work with parents and babies.

March 21

OPENING CEREMONY

18.00h New Delhi

6:30 a.m. Mountain T, 8:30 a.m. New York, 9.30h Brasilia, 13.30h Oslo/Paris,
15.30h Istanbul, 20:30h Beijing, 9:30h p.m.Tokyo

OPENING CEREMONY

LIVE PANEL - MOTHER AND BABY HEALTH

Moderator – Yukta Mukhi

Dr. Shital Lathiya - The Garbh Sanskar Institute
Why prenatal education and its impact on our adult life

Dr. Darcia Narvaez - The Evolved Nest
Humanity's Evolved Nest Promotes Lifelong Wellness

Laura Uplinger - Prenatal Alliance
Psychohistory: a New Perspective

Dr. G. Meera - Head of AYUSH research innovations
Mothers of yore- How a mothers' consciousness during pregnancy molds the creation of the progeny

Sacha Stone - NewEarth Sanctuary
Prenatal life will soon be at the core of every nation's policies!

Topic: MARCH 21 - OPENING CEREMONY

Time: Mar 21, 2025 01:30 PM Amsterdam, Berlin, Rome, Stockholm, Vienna

Join Zoom Meeting

<https://us06web.zoom.us/j/89674703496?pwd=zPNhgfpOA4pBNABo0mmiJ3d7fiHxM1.1>

Meeting ID: 896 7470 3496

Passcode: prenatal



March 22

CELEBRATION OF WORLD PREGNANCY DAY MOTHER AND BABY PHYSICAL AND EMOTIONAL HEALTH

10.00h New Delhi

10:30 p.m. Mountain T, 00:30 a.m. New York, 1.30h Brasilia, 5.30h Oslo/Paris,
7.30h a.m. Istanbul, 12:30h Beijing, 1:30h p.m. Tokyo

MORNING OPENING

Practical Workshop for Pregnant Moms

*Rackhee Trust - Releasing what's holding you back from achieving your goals,
one early-childhood experience at a time*

10.30h New Delhi

11:00 p.m. Mountain T, 1:00 a.m. New York, 2.00h Brasilia, 6.00h Oslo/Paris,
8.00h a.m. Istanbul, 13:00h Beijing, 2:00h p.m. Tokyo

LIVE PANEL 1

Moderators – François Amigues and Lubka Amigues

Antonella Sansone

*The central role of mindful parenting in child's emotional regulation and human
flourishing: A blueprint perspective*

Nese Karabekir - Istanbul Birth Academy

Mother Baby Therapy-Baby Psychodrama

Dr. Gulnihal Sarman

*Bonding of today's newborns and their parents? Current lifestyle interrupters
and realistic counselling*

Dr. Carlos Martinez

*Global prenatal education program for the effective enjoyment of the right to
health*

Topic: MARCH 22 - WORKSHOP AND LIVE PANEL 1

Time: Mar 22, 2025 05:30 AM Amsterdam, Berlin, Rome, Stockholm, Vienna

Join Zoom Meeting

<https://us06web.zoom.us/j/81128650203?pwd=uUg68alwgLggp28ZTVODlQFcfnoXp.1>

Meeting ID: 811 2865 0203

Passcode: prenatal

14.00h New Delhi

2:30 a.m. Mountain T, 4:30 a.m. New York, 5.30h Brasilia, 9.30h Oslo/Paris,
11.30h a.m. Istanbul, 16:30h Beijing, 5:30h p.m. Tokyo

LIVE PANEL 2 - PRENATAL MEMORIES

Moderator – Yuko Igarashi

Reproductive Health Team - Reiko Kishimoto, Yoshiko Hanamori and Hoshiko Shibata

Empowering Families: Transforming Anxiety into Assurance for a Bright Future

Dr. Akira Ikegawa - Prenatal Memory Global Project

Prenatal Communication and Spiritually Transformative Experiences (STE)

Prof. Takehiko Uemura

Integration of Science and Non-Science for the World in Peace and Happiness

Topic: MARCH 22 - LIVE PANEL 2

Time: Mar 22, 2025 09:30 AM Amsterdam, Berlin, Rome, Stockholm, Vienna

Join Zoom Meeting

<https://us06web.zoom.us/j/83619836368?pwd=Ra5GqFSIxRLF9MBfoJmjdjaOF0141.1>

Meeting ID: 836 1983 6368

Passcode: prenatal



17.00h New Delhi

5:30 a.m. Mountain T, 7:30 a.m. New York, 8.30h Brasilia, 12.30h Oslo/Paris, 14.30h Istanbul, 19:30h Beijing, 8:30h p.m. Tokyo

LIVE PANEL 3

Moderator – Jennifer Kozlow

Kate White - Prenatal and Perinatal Somatics Institute

The New Prenatal Science: Sacred Space and Trauma Transformation

Dr. Nilima Patel

Emotional Health in Pregnancy

Prity Dal

Conscious conception

Topic: MARCH 22 - LIVE PANEL 3

Time: Mar 22, 2025 12:30 PM Amsterdam, Berlin, Rome, Stockholm, Vienna

Join Zoom Meeting

<https://us06web.zoom.us/j/84144627343?pwd=oRea90bKulzBuv0bqybHnV3cfehVXk.1>

Meeting ID: 841 4462 7343

Passcode: prenatal

19.00h New Delhi

7:30 a.m. Mountain T, 9:30 a.m. New York, 10.30h Brasilia, 14.30h Oslo/Paris, 16.30h Istanbul, 21:30h Beijing, 10:30h p.m. Tokyo

WORLD PREGNANCY DAY COMMEMORATION CEREMONY

LIVE PANEL 4

Moderator – Laura Upliner and Carla Machado

Susana Lopes – Secretary-General of Prenatal Alliance

World Pregnancy Day - March 22

Raylene Phillips – President of Association for Prenatal and Perinatal Psychology and Health (APPPAH)

Impacts of Immediate Postpartum Care on the Psyche of Mother and Child

Kola Broenner – President of the International Society of Pre- and Perinatal Psychology and Medicine (ISPPM)

What is the essence of supporting women and couples during pregnancy?

Olga Gouni – President and Founder of the Prenatal Sciences Research Institute SOPHIA

Rediscovering M-other: A Timeless Universal Force

Topic: MARCH 22 - LIVE PANEL 4

Time: Mar 22, 2025 02:30 PM Amsterdam, Berlin, Rome, Stockholm, Vienna

Join Zoom Meeting

<https://us06web.zoom.us/j/82850003371?pwd=C2D0Nkiba7BlpfsnW8mzWOKKwvckba.1>

Meeting ID: 828 5000 3371

Passcode: prenatal

21.00h New Delhi

9:30 a.m. Mountain T, 11:30 a.m. New York, 12.30h Brasilia, 16.30h Oslo/Paris, 18.30h Istanbul, 23:30h Beijing, 00:30h p.m. Tokyo

LIVE PANEL 5

Moderator – Nese Karabekir

Dr. Joel Evans

How an Obstetrician can promote the physical and spiritual health of the mother/baby: Lessons learned from a lifetime of professional practice

Amara Eckert

Pre- and Perinatal Body-Psychotherapy with Adults and Kids – two case studies

Divya Deswal - The Doula Collective

Bridging Traditions: Parallels Between Dais and Doulas Birth Support

Keren Gadasi - Birth Oriented Thinking

The Silent Cry for Connection: Bridging the Gap Between High-Stakes Decision-Making and Deep Empathy in Birth Spaces

Joanne Fisher

Uncovering The Root Causes of Pregnancy Symptoms and Complications

Hélyette Neel

A path to understanding our first cells' memories and their impact on the adult we become

Topic: MARCH 22 - LIVE PANEL 5

Time: Mar 22, 2025 04:30 PM Amsterdam, Berlin, Rome, Stockholm, Vienna

Join Zoom Meeting

<https://us06web.zoom.us/j/86415999728?pwd=bt4UJXoX7ka5AQeWYOS25xatGK1JCr.1>

Meeting ID: 864 1599 9728

Passcode: prenatal



March 23

MOTHER AND BABY SPIRITUAL AND SOCIAL HEALTH

10.00h New Delhi

10:30 p.m. Mountain T, 00:30 a.m. New York, 1.30h Brasilia, 5.30h Oslo/Paris,
7.30h a.m. Istanbul, 12:30h Beijing, 1:30h p.m. Tokyo

MORNING OPENING

Practical Workshop for Pregnant Moms

Dr. Prity Dal – Diastasis Recti/ Mummy Tummy

10.30h New Delhi

11:00 p.m. Mountain T, 1:00 a.m. New York, 2.00h Brasilia, 6.00h Oslo/Paris,
8.00h a.m. Istanbul, 13:00h Beijing, 2:00h p.m. Tokyo

LIVE PANEL 1 – MOTHER AND BABY SPIRITUAL HEALTH

Moderator – Guillaume Courmont

Barbara Harper - Waterbirth International

Connecting to Source Energy - The Power of Prayer in the Birth Room

Vanessa Lachmann

From Womb to World: A Shamanic Perspective on Pregnancy and Birth

Rackhee Trust

Epigenetics Decoded: environmental factors and their influence on the genetic development of the fetus

Dr. Hetal Patel

Healthy Post natal women

Carla Machado - Vice President of Prenatal Alliance

The astrological fractal of conception

Topic: MARCH 23 - WORKSHOP AND LIVE PANEL 1

Time: Mar 23, 2025 05:30 AM Amsterdam, Berlin, Rome, Stockholm, Vienna

Join Zoom Meeting

<https://us06web.zoom.us/j/81364724191?pwd=DCK1idielDUQbCtgbRbS2i8laLJtQk.1>

Meeting ID: 813 6472 4191

Passcode: prenatal

14.00h New Delhi

2:30 a.m. Mountain T, 4:30 a.m. New York, 5.30h Brasilia, 9.30h Oslo/Paris,
11.30h a.m. Istanbul, 16:30h Beijing, 5:30h p.m. Tokyo

LIVE PANEL 2 – MOTHER AND BABY SOCIAL HEALTH

Moderator – Susana Lopes

Carmen Carballo - Vice-President of World Organization of Prenatal Education Associations (OMAEP)

Natural Prenatal Education and Adolescents

Anita Budak - European Doula Network

Reframing advocacy and empowering women to use their rights

Lena Yri Engelsen - Landsforeningen 1001 Dager

Perinatal mental health

Cathrine Trulsvik - BirthRights Norge

How midwifery models of care can change the motherhood

Güler Polat

When do rights arise?

CLOSING CEREMONY

Topic: MARCH 23 - LIVE PANEL 2

Time: Mar 23, 2025 09:30 AM Amsterdam, Berlin, Rome, Stockholm, Vienna

Join Zoom Meeting

<https://us06web.zoom.us/j/88412392185?pwd=mCpCmbKjTBNVSaNVMQvOu5vNlqN0jz.1>

Meeting ID: 884 1239 2185

Passcode: prenatal

