

WORK VAPOR

Job Link: <https://workvapor.in/jobs/prenatal-yoga-trainer-online-sessions/>

HIRING ORGANIZATION

Yoga Yagna

EMPLOYMENT TYPE

Full-time

DATE POSTED

? October 2, 2026

JOB LOCATION

? Remote work from: India

PRENATAL YOGA TRAINER – ONLINE SESSIONS

BASE SALARY

INR 5000 - INR 15000

DESCRIPTION

Job Role: Prenatal Yoga Trainer – Online

Company: Yoga Yagna

Job Type: Online | Work From Home

Work Location: Remote

Salary: ₹5,000–₹15,000 per month

Teaching Mode: Online

Experience: Prior Prenatal Yoga Experience Preferred

WhatsApp: +91 7032922992

Yoga Yagna is hiring a **Prenatal Yoga Trainer** for online sessions. The trainer will conduct safe yoga sessions for expecting mothers.

The role requires good knowledge of pregnancy-safe yoga practices. A patient and supportive approach is important for this position.

Key Responsibilities

- Conduct online Prenatal Yoga sessions.
- Teach safe yoga practices for pregnancy.
- Use suitable trimester-wise yoga modifications.
- Explain precautions and contraindications.
- Teach breathing and relaxation practices.
- Guide students through gentle yoga exercises.
- Support pregnant women with patience and care.
- Conduct regular online sessions.

Requirements

- Relevant Yoga qualification or certification.
- **S-VYASA University students or graduates are preferred.**
- Strong interest in Prenatal Yoga.
- Good knowledge of pregnancy-safe yoga practices.
- Understanding of trimester-wise modifications.
- Knowledge of pregnancy-related precautions.
- Good spoken and written English.
- Confidence in conducting sessions in English.
- Patient and empathetic nature.
- Prior Prenatal Yoga teaching experience is an advantage.
- Availability for regular online sessions.

Application Details

Interested candidates should share the following:

- Full Name
- Current Location
- Yoga Qualification or Certification
- S-VYASA course details if applicable
- Prenatal Yoga training or certification
- Previous Prenatal Yoga experience
- Online teaching experience
- Languages Known
- Availability
- Expected Remuneration

Candidates should also send a **2–3 minute video in English**. The video should include a short introduction and a Prenatal Yoga practice or explanation.

Selection Process

- Initial application review.
- Short interaction with shortlisted candidates.
- Teaching demonstration.

How to Apply

Send your details and video through WhatsApp:

WhatsApp: +91 7032922992