

destination maternity™

**“Everything a pregnant woman could ever want or need,
featuring a huge selection of Maternity Fashion”**

Free Schedule of Events

"Everything a pregnant woman could ever want or need, featuring a huge selection of Maternity Fashion"

April 2008

Monday

6:00 PM – 7:00 PM

Prenatal Yoga

Tuesday

10:00 AM – 11:00 AM

Prenatal Yoga

5:00 PM – 6:00 PM

Prenatal Yoga

6:15 PM – 7:15 PM

Strong Mamas

Wednesday

10:00 AM – 11:00 AM

Prenatal Yoga

6:00 PM – 7:00 PM

Prenatal Yoga

Thursday

10:00 AM – 11:00 AM

Itsy Bitsy Yoga

11:30 AM -12:30 PM

Postnatal Yoga

6:00 PM – 7:00 PM

Strong Mamas

Friday

10:00 AM – 11:00 AM

Prenatal Yoga

Saturday

10:00 AM – 11:00 AM

Prenatal Yoga

Special Events:

Thursday, April 3rd
6:30 PM – 8:00 PM

I'm Pregnant, What's Next? Meet with other newly pregnant women and shop Destination for all your maternity fashion needs. First Thursday of every month. (description on back)

Wednesday April 9th
7:15 PM – 8:15 PM

Mommy Massage

Saturday April 12th
11:30 AM – 12:30 PM

Infant Massage

Thursday, April 17th
6:30 – 8:00 PM

Destination Maternity Book Club: Meet with other women to discuss Destination's book of the month. This month's book is "Diary Of A Mad Mom-To-Be" By Laura Wolf. Third Thursday of every month (description on back)

Saturday April 19th
11:30 AM – 1:00 PM
1:00 PM - 2:00 PM

Breastfeeding II: Beyond Basics
Itty Bitty Nutrition

**Please note class times/dates subject to change, contact the store for more info & to register.*

5539 LBJ Freeway, Dallas, TX 75240
972.788.4115

destinationmaternity.com

Class Descriptions

Prenatal Yoga

Relaxing exercise in gentle yoga postures will increase flexibility, strength, circulation, balance and the mind-body-spirit connection for expecting Mothers. Licensed yoga instructors will guide mom through beginner movements and techniques.

Strong Mamas

Join Tiffany, certified prenatal fitness trainer, as she leads you through a complete, safe and gentle prenatal workout using small hand weights, body balls and bands. This strength training routine will improve energy level, attitude and self-image.

Postnatal Yoga

This class consists of stretching, strengthening, breathing, and relaxation techniques specifically designed for the postnatal woman. Connect with other new mothers in a supportive and healthy environment while restoring muscle tone.

Itsy Bitsy Yoga

This class is for every new parent desiring to strengthen the bond of love with baby. Designed for newborns to pre crawlers, a variety of yoga techniques are taught for relaxation, soothing crying & colic, digestive and sleep problems. New parents also enjoy simple yoga-based stretching and relaxation. No experience necessary.

Itsy Bitsy Yoga Tots – (Pre-Crawlers to 24 months)

A fun-loving, supportive, and active yoga practice filled with dozen of Itsy Bitsy Yoga poses just for tots. Itsy Bitsy Yoga continues to build the parent/child bond, helps our tots feel happier and more confident in their bodies, and encourages their creative spirit. Parents get to do a little yoga too. (No yoga experience necessary). Six-week fee paid based class. \$80. For registration contact Deana Prokos 214-695-6477 or justbreatheyoga@comcast.net

Infant Massage

Clinical evidence shows that loving, touching, nurturing contact between caregiver and infant has an important impact on development. In this interactive class, certified massage expert Monica Hamer guides parents through a step-by-step massage routine that enhances their natural ability to nurture and bond with baby. Specific strokes are taught to help with congestion, colic, and gas. Be prepared to bring baby, or practice doll and towel to class.

Mommy Massage

Relaxing, gentle massage has been proven to be beneficial to expecting Moms, not only to pamper her, but also to promote a healthy pregnancy and birth. Let Dad get involved by learning simple massage moves from certified spa experts to relax and indulge their partner at home or in the labor and delivery room.

Breastfeeding Basics

Do you wonder...will breastfeeding hurt? Will I make enough milk? How will I know my baby is getting enough? If so, this class, led by Registered Dietitian and Lactation Consultant, Nicole Roth, is the one for you! Increase your confidence with breastfeeding and get your questions answered in this relaxed setting.

Beyond Basics: Breastfeeding II

In this class Nicole Roth, RD, LD, IBCLC, Lactation Consultant and Registered Dietitian, will cover choosing and using a pump, returning to work, preventing and managing breastfeeding challenges, ways to advocate for breastfeeding in your birth preparations, nutrition during breastfeeding, and much more! Prior completion of the "Breastfeeding Basics" class is recommended but not required for attendance in this class.

Itty Bitty Nutrition

Learn all about food for your little one! Topics include: starting solids, making your own baby food, preventing iron deficiency, preventing picky eaters and more!

Raising Healthy Eaters

Come learn from a Registered Dietitian many time tested strategies for each stage of development - babies to teens - to promote healthy eating while avoiding potential food pitfalls (picky preschoolers anyone?). This class is helpful for both first time moms and those with older children in the family.

I'm Pregnant, What's Next?

Come and meet other newly pregnant women and share your experiences with each other. Attend the event and receive an essentials maternity wardrobe checklist and goodies for you to take home. Also, you will be entered into a raffle. Can't make it this month, don't worry we are meeting the first Thursday of every month from 6:30-8:00 PM. This event will take place in the T.V. Relax Area.

Destination Maternity Book Club

Come into Destination to find our book pick of the month. Then join us at the store to meet with other women to discuss the book and share your thoughts. Third Thursday of every month, 6:30 - 8:00 PM. This event will take place in the T.V. Relax Area.

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