

destination maternity™

Free Schedule of Events

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

April 2007

Monday's

10:15 AM – 11:15 AM
6:00 PM – 7:00 PM

Prenatal Yoga
Empowerment Yoga

Tuesday's

10:15 AM – 11:15 AM
11:30 AM – 12:30 PM
5:30 PM – 6:30 PM

Prenatal Yoga
Mommy & Me
Prenatal Yoga

Wednesday's

6:00 PM – 7:00 PM

Empowerment Yoga

Thursday's

10:15 AM – 11:15 AM
5:30 PM – 6:30 PM

Prenatal Yoga
Prenatal Yoga

Friday's

11:15 – 12:15 PM

Prenatal Yoga with Katie

Saturday 5th & 19th

10:30 AM – 11:30 AM

Prenatal Yoga

Saturday 12th & 26th

10:30 AM – 11:30 AM

Mummy and Me

Special Events:

Saturday, April 5th

1:00 PM – 2:00 PM
2:00 PM – 3:00 PM

Infant and Child CPR
Resucitación Cardiopulmonar (CPR)
para infantes y niños ¡Clases en español!

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.

Saturday, April 12th

11:45 – 1:45 PM

Breastfeeding

Saturday, April 12th

2:00 – 4:00 PM

Pregnancy 101

Thursday, April 17th

6:30 PM – 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

12:00 – 1:30 PM

Partner Yoga

Friday, April 18th

6:00 PM – 8:00 PM

Pet's and Babies

*Please note class times/dates are subject to change, contact the store for information & to register

9802 Colonnade Blvd., San Antonio, TX 78230
210.694.4692

Prenatal Yoga

Relaxing exercise in gentle yoga postures will increase flexibility, strength, circulation, balance and the mind-body-spirit connection for expecting moms. Certified prenatal yoga instructor's guide you through beginner movements and techniques.

Em"power"ment Prenatal Yoga

Be prepared to empower your body, mind and spirit during this hour of yoga postures designed to tone and prepare the body for pregnancy and delivery. Stay fit with prenatal yoga postures that build and encourage strength, stability and stamina. Class features positive thoughts and energy, breathing & meditation designed just for you!

Mommy & Me

This class is designed for new moms and babies up to crawling. Simple yoga techniques are taught for balance, core strength, and realigning spine elements. Critical to getting fit after baby! No prior experience necessary, however, students must receive doctor's approval for exercise.

Partner Yoga: Sharing the Experience

Share in the power of yoga while strengthening your relationship through eye contact, meditation, breath & touch to foster closeness during pregnancy.

Infant and Child CPR

Join JumpStart CPR Founder, Mario Aguilar for this two-hour basic life support class. You'll learn how to recognize choking as well as how to perform critical CPR in order to increase the chance of survival. An important not to be missed class for all expectant parents, or for those with little ones!

¡Nuevo! Resucitación Cardiopulmonar (CPR) para infantes y niños

JumpStart, los expertos en RCP, ofrecen a padres, abuelos y personas a cargo de niños, herramientas basadas en las más recientes pautas de la Asociación Americana del Corazón para reconocer y atender eficazmente casos de asfixia por atragantamiento y aplicar RCP que pueden salvar a sus niños en momentos críticos. ¡Clases en español!

Pregnancy 101

During this fun and information packed class you will learn about normal physiological changes during each stage of pregnancy, exercises that will ease the discomforts of pregnancy, the different childbirth methods available, what to eat and what to avoid during pregnancy to ensure a healthy baby and much more. This class is perfect for women during their first two trimesters of pregnancy and partners are encouraged to attend.

Pets and Babies

If your pet has been the center of attention at your house, there are some things you can do to prepare them for the baby's arrival. In this one-hour plus class, learn what you can do to prepare your pet for the big day and beyond. Concerned members of the family should join the expectant parents to have any concerns addressed. Help your pet and baby become friends in this class.

Breastfeeding Basics

Give your baby a healthy start in life by breastfeeding! Learning to nurse takes time, practice and patience. Joanna Mata ICCE, IBCLC, speaks to expecting mothers and their partners about the benefits of nursing, and offers tips for success. This class promotes confidence in mothers and families.

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.

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.

9802 Colonnade Blvd., San Antonio, TX 78230
210.694.4692

destinationmaternity.com