

# destination maternity™

## Free Schedule of Events

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

### Monday's

10:15 AM – 11:15 AM  
6:00 PM – 7:00 PM

### Tuesday's

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

### Tuesday 11<sup>th</sup> and 25<sup>th</sup>

12:45 PM – 1:15 PM

### Wednesday's

6:00 PM – 7:00 PM

### Thursday's

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

### Friday's

11:15 AM – 12:15 PM

### Saturday 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup>

10:30 AM – 11:30 AM

### Saturday 8<sup>th</sup> & 22<sup>nd</sup>

10:30 AM – 11:30 AM

### Special Events:

#### Saturday, March 1st

1:00 PM – 2:00 PM  
2:00 PM – 3:00 PM

#### Thursday, March 6<sup>th</sup>

6:30 PM – 8:00 PM

#### Saturday, March 8th

2:00 – 4:00 PM

#### Saturday, March 15th

12:00 – 1:30 PM

#### Thursday, March 20<sup>th</sup>

6:30 – 8:00 PM

#### Friday, March 28th

6:00 PM – 8:00 PM

#### Saturday, March 29th

1:00 PM – 3:00 PM

## March 2008

Prenatal Yoga  
Empowerment Yoga

Prenatal Yoga  
Mommy & Me  
Prenatal Yoga

Baby Sign Language

Empowerment Yoga

Prenatal Yoga  
Prenatal Yoga

Prenatal Yoga with Katie

Prenatal Yoga

Mummy and Me

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

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.

Pregnancy 101

Partner Yoga

**Destination Maternity Book Club:** Meet with other women to discuss Destination's book of the month. This month's book is "I'm too Sexy for my Volvo" by Betty Londergan. Third Thursday of every month (description on back)

Pet's and Babies

Breastfeeding

\*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

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 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.

### **Back by Popular Demand! BabyWearing Class**

Designed for the expectant and novice babywearer... join Tango Baby Founder, Maria Miner, to see first hand what Babywearing is all about. Topics include:

- The history of Babywearing and traditional carriers from around the world. Each culture has a version...
- Why Babywear, and what are the benefits?
- Explore various types of modern baby carriers for age, temperament, and climate
- How to achieve a good fit & ensure proper safety

Feel free to bring your own baby, or use one of our practice dolls to get the hang of it!

### **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 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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