

destination maternity™

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

Schedule of Events April 2008

Mondays 10:10-11:10 AM	Baby and Me Yoga with Michelle Wenis (\$12 or Class Pass) 6 Weeks thru Pre Crawling - (yoga begins 10:25AM - first fifteen min chat/play time)
Wednesdays 10:10 – 11:10 AM	Prenatal Yoga with Michelle Wenis (\$12 or Class Pass)
6:30 – 8:30 PM	Bradley Method® w/ Green Woman Yoga & Childbirth, LLC Erich and Michelle Wenis (\$250 for 12 Weeks)
Thursdays 6:30-7:30 PM	Prenatal Yoga w/ Michelle Wenis (\$12 or Class Pass)
Saturdays 10:30 – 11:30 AM	Prenatal Yoga with Michelle Wenis (\$12 or Class Pass)
12 – 1:00 PM	Baby and Me Yoga with Michelle Wenis (\$12 or Class Pass) Crawling thru Standing - (yoga begins 12:15PM - first fifteen min chat/play time)

Special Events:

Thursday, April 3 rd 6:30-8:00 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)
Saturday, April 5 th 11:00 – 1:30PM	“Portraits by Stefi” – Come meet local photographer Stefanie Richthammer as she showcases some of the pregnancy and family photographs she specializes in. Find out more about her work as you plan out saving those precious memories during pregnancy and beyond. 203 981 6291 portraitsbystefi@yahoo.com
Friday, April 11 th 10:30 – 11:30AM	Baby Signs® for Parents Workshop with Tosha Gordon - \$35/per person/couple + \$25 materials : weesigns@yahoo.com (203) 770-5437. Pre-registration is required by 7pm the night prior.
Tuesday, April 15 th 6:00 – 7:30 PM	Baby Signs® for Parents Workshop with Tosha Gordon - \$35/per person/couple + \$25 materials : weesigns@yahoo.com (203) 770-5437. Pre-registration is required by 7pm the night prior.
Thursday, April 17 th 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 19 th 11:00 – 12:00 PM	Style Selection Class Come to Destination Maternity and let our maternity specialists find the right clothes for you to get you through the best 9 months of your life - complimentary

SAVE ON FITNESS CLASSES WITH A CLASS PASS! 10 FOR \$100 OR DROP IN \$12 PER CLASS, UNLESS OTHERWISE NOTED! Independent Instructors are responsible for all classes taught in the learning studios. Class attendance involves a release agreement. To sign up for a class or special event, please call the store directly for instructor contact info 203.739.0473.

15 Backus Avenue Danbury, CT 06810
203.739.0473

CLASS DESCRIPTIONS

Baby & Me Yoga (six weeks through crawling)

Being a new Mom is an awesome adventure and even more fun spending some of that recovery, bonding and discovery time with other moms and babies. Spend the first fifteen minutes chatting and playing with other moms and babies and the next 45 minutes honoring your mind, body and spirit with your baby safely next to you or participating with you through postnatal exercises that renew and rejuvenate. We spend a few minutes of dedicated baby stretches and movements; enough to awaken but not too much to over stimulate.

The Bradley Method®

The Bradley Method of Natural Childbirth® teaches both mother and her coach (husband or other support person) techniques to achieve mental, physical and emotional relaxation for a natural non-medicated childbirth. Everyone wants to make the best choices for her baby; those choices are broadened when you have the power of education, confidence and the tools to help you get to the birth experience you hope for. There are pros and cons to medical and alternative interventions as well as to letting nature take its course. Learn what kinds of questions to ask, about nutrition during pregnancy, pregnancy exercises and the benefits of breastfeeding. Bradley Method® is offered in a 12-class course and is taught by certified Bradley instructors.

Recent testimonial from Bradley couple: “[We]... came into this process, literally knowing nothing, and the both of you gave us the insight, knowledge, power and confidence to have the birth that we would like to have. Of course, we have no idea what the future holds in front of us and our birth, but we feel so confident that we can handle whatever lies ahead. Thank you for remaining balanced, fair, and above all, for being such great listeners. The advice was priceless... We are looking forward to our birth and both of you made that possible.”

Child Birth Education – 3 Class Series

The child birth series is three parts:

1. CLASS 1:

- Introduction and goal of classes
- Changes in pregnancy and prenatal exercises
- Overview of labor: anatomy, signs of labor, early and false labor and active labor.

2. CLASS 2:

- Stages of labor: early, active, transition and pushing
- Breathing techniques and comfort measures
- The Doula's role in your labor

3. CLASS 3:

- The unexpected in labor: induction/augmentation, back labor, rapid labor, cesarean section
- "Childbirth from the Inside Out"-Movie
- Postpartum
- Labor Review

How to Eat for Your Baby

How much weight to gain or not to gain? What to eat and not to eat? What about those cravings? What foods do I need to stay away from? You are what you eat but that doesn't mean you can't enjoy your meals and even snacks through your pregnancy. Learn from a nutritionist how to optimally feed yourself and your baby.

Prenatal Mama Massage

Pregnancy is beautiful but not always comfortable at every stage. Learn together with your husband or other support person how to address those aches and pains that can sometimes creep in as your pregnancy progresses. Why not enjoy your pregnancy to its fullest and have a support person there learning alongside you? You can use these massage tools at home and even in labor.

Prenatal Yoga

You've been wanting to do "something" for yourself to stay active in your pregnancy. Do more than that. Join certified yoga instructor Michelle Wenis of Green Woman Yoga and Childbirth, LLC www.greenwomanyc.com and learn how to encourage your body to open, as it readies itself for the birth of your baby. Find peace, rest and balance in an environment that truly celebrates this incredible time in a mother's life. We were not meant to do this alone; actively jump into the sisterhood of this beautiful community to both offer and receive the support every mother-to-be should have. Choose any combination of days. Must sign up one day prior to class. These classes are ongoing.

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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