

# destination maternity™

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

## Schedule of Events

### March 2008

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

## Special Events:

<b>Tuesday March 4</b> <b>6:30 – 8:00PM</b>	<b>Pregnancy Nutrition – Have an energetic pregnancy while you grow your baby.</b> <b>Dr. Brian Applebee - FREE</b>
<b>Thursday, March 6</b> <b>6:30-8:00 PM</b>	<b>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)</b>
<b>Wednesday, March 12</b> <b>6:30 – 7:30 PM</b>	<b>Prenatal Mama Massage with Susi Laura of Susi Laura Massage Therapy LLC</b> <b>\$30/per couple 203.438.9089 or at <a href="mailto:susi@susilauramassage.com">susi@susilauramassage.com</a></b> <b><a href="http://www.susilauramassage.com">www.susilauramassage.com</a></b>
<b>Friday – Sunday</b> <b>March 14 3:00 - 8:30PM</b> <b>March 15 12:00 - 8:30PM</b> <b>March 16 11:30 - 5:30PM</b>	<b>DONA Approved Birth Doula Training Workshop with Tara Powe CD(DONA), CCCE (CAPP)/IOwner DONA Approved Doula Training - \$450/workshop</b>
<b>Saturday, March 15</b> <b>11:00 – 12:00 PM</b>	<b>Style Selection Class</b> <b>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</b>
<b>Thursday, March 20</b> <b>6:30 – 8:00 PM</b>	<b>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)</b>
<b>Saturday, March 29</b> <b>11:45 - 1:00pm</b>	<b>Free Mary Kay Makeover - Look beautiful every day. Free lipstick for any purchase over \$20. 203 438 2484 <a href="http://www.marykay.com/mherrington111">www.marykay.com/mherrington111</a> - Only 4 spaces available. This will be held at the counter behind the store register.</b>

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](http://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

### **Baby and Me (Crawlers to Standing)**

Here you are, your body even stronger and ever thirsty for movement. You still need to get out and be in community. Baby has grown longer, spins like a clock, rocks on knees or even crawls to stand. Bring your baby with you to a more vigorous postnatal yoga class where baby can join you in upright postures where he or she can get a new "bird's eye view" of the world while sitting, scooting and even standing. Baby has "graduated" from lying down baby postures on the floor and now does "bigger baby" postures along side you. You get some adult time as you renew yourself mentally, physically and emotionally in class while baby gets to socialize too! It's the most fun you can have without having to worry about a babysitter!

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[destinationmaternity.com](http://destinationmaternity.com)