

destination maternity™

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

Schedule of Events

April 2008

Monday:

11:30 AM – 12:30 PM Prenatal Yoga with Jessica Outlaw (\$16 or class pass)

6:30 - 7:45 PM Prenatal Yoga with Lauren Hale (\$16 or class pass)

Tuesday:

April 23rd

7 – 7:50 PM The Benefits of Acupuncture During Pregnancy. (FREE!)

April 29th

Noon - 1:30 PM New Mom's Postnatal Nutrition for Energy and Balance with Suzanne Girard Foote. If you want to incorporate healthy eating habits into your day, increase your energy level, & feel more balanced as a new mother, then this talk is for you. Receive simple, nutritious diet & snack ideas for your busy life with a new baby. Infants welcome to join mom.(FREE!)

Wednesday:

Noon – 1 PM Prenatal Yoga with Marie-Ange Aimon (\$16 or class pass)

Thursday:

6 - 7 PM Prenatal Yoga with Jessica Outlaw (\$16 or class pass)

April 3rd

6:30 – 8 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)

April 17th

6:30 – 8 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)

Friday:

Noon – 1 PM Prenatal Yoga with Lauren Hale (\$16 or class pass)

Saturday:

10:30 – 11:30 AM Prenatal Yoga with Angela Imhoff (\$16 or class pass)

* **Featured Art Show at Destination Maternity:** "enceinte", A Belly Fortress (description on back)

NOTE: Independent instructors are responsible for all classes and workshops taught in the Learning Studio.

Attendance involves a Release Agreement. Classes and times are subject to change.

Please confirm with the store before attending by calling 212.588.0220 & reserve your place in a class/workshop.

28 East 57th Street
New York, NY
212.588.0220

Class Descriptions

Prenatal Yoga

This class provides relief from the common discomforts of pregnancy and will help the mom-to-be adjust to her rapidly changing body. Yoga postures will strengthen the spine to counterbalance the growing abdomen, open the hips to prepare the body for labor and delivery, and empower her to face childbirth with confidence and courage. Vocal, abdominal, and pelvic floor toning is also practiced. All levels welcome.

The Pregnant Mom's Workout

A fitness class for expecting moms to work the muscles that needs the most attention during pregnancy, which will prepare her for the changes in her body, labor, and a rapid postpartum recovery. This class is low impact, safe, and effective. All levels welcome.

Doula Information Session

The acceptance of doulas in maternity care is rapidly growing with the recognition of their important contribution to the improved physical outcomes and emotional well being of mothers and infants. Join us for a complimentary discussion about the doula's role before, during, and after the birth of your baby.

Infant Massage Class

Learn about one of the most important gifts you can give your baby - the art of infant massage. In addition to supporting healthy digestion, relieving colic and helping with growing pains, massage is a wonderful way for parents and caregivers to connect with their infants. From as early as 3 weeks up to 5 months.

Pregnancy Nutrition for Energy & Balance

Would you like to learn healthy eating habits for your pregnancy? Are you ready to start the New Year with more energy? This complimentary talk will address how to gain more energy and balance during your pregnancy with nutritious eating and daily lifestyle choices. Ring in the New Year with easy healthy habits and seasonal menu ideas to help you feel energized from the inside out. Learn to increase your sense of well being and balance during this beautiful time of life.

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.

"enceinte"

A Belly Fortress

Loan Agent: Photographer: Denise Guerin

Exhibit Dates: January 31 through May 29

This exhibit of fine art photography by Denise Guerin portrays the pregnant belly as described by the word "enceinte" (meaning an area protected by an encircling fortification).

Five antique cameras will be on loan from a private collector.

Denise Guerin studied at the University of the Arts in Philadelphia, where she was classically trained in painting and drawing. Her background in fine art imparts a well-defined sense of space, composition and color to her photography.

Guerin's work has been featured in publications such as Philadelphia Magazine, Elle and Rolling Stone and in marketing campaigns of major music labels.

5 period camera's will be displayed on the shelves.

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