

# destination maternity™

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

## Schedule of Events

### March 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: 6:15 – 7:05 PM	Pregnant Mom’s Workout with Emily Begin (\$16 or class pass)
Wednesday: Noon – 1 PM	Prenatal Yoga with Marie-Ange Aimon (\$16 or class pass)
March 12 <sup>th</sup> 6:30 - 7:50 PM	<i>Pregnancy Nutrition for Energy &amp; Balance</i> with Suzanne Girard Foote. Learn 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. Increase your sense of well-being and balance during this beautiful time of life. <b>(FREE!)</b>
Thursday: 6 - 7 PM	Prenatal Yoga with Jessica Outlaw (\$16 or class pass)
March 6th 6:30 – 8 PM	<b>I’m Pregnant, What’s Next?</b> Meet with other newly pregnant women and shop Destination for all your maternity fashion needs. First Thursday of every month. (description on back)
March 20th 6:30 – 8 PM	<b>Destination Maternity Book Club:</b> 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)
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)
Sunday: March 23 <sup>rd</sup> 4 - 6 PM	Infant Massage with Myles Goldin. 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. (\$60/couple; \$45 individual)

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

*Coming next month:*  
4/9, 6:30 – 7:50 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, and feel more balanced as a new mother, then this talk is for you. Receive simple, nutritious diet and snack ideas for your busy life with a new baby.  
**(FREE!)**

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 57<sup>th</sup> 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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