

# destination maternity™

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

## Schedule of Events

May 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:

May 13<sup>th</sup>

6:30 – 7:45 PM Prenatal Partner Yoga with Lauren Hale. Enjoy bonding with your partner through supported yoga postures that encourage couples to share weight, focus, balance and breath. All levels welcome! (\$16 per person or class pass)

### Wednesday:

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

May 14<sup>th</sup>

7 – 8 PM Doula Information Session with Tara Brooke. Join the director of Power of Birth for an informal discussion of the role of the doula before, during and after the birth of your baby. (FREE!)

May 21<sup>st</sup>

6:30 – 8 PM Sugar, Sugar Everywhere with Suzanne Girard Foote. Moms-to-be: come to discuss the effects of sugar intake during pregnancy and how to work with those cravings for sweets. Learn how to make healthy lifestyle choices that will stay with you for a lifetime. (FREE!)

### Thursday:

6:00 – 7:00 PM Prenatal Yoga with Jessica Outlaw (\$16 or class pass)

May 1<sup>st</sup>

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)

### Friday:

Noon – 1:00 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)

\*All classes are cancelled Sat. 5/24 - Mon. 5/26 for the Memorial Day holiday\*

NOTE: Class size is limited - please confirm with the store before attending by calling 212.588.0220 to reserve your place in a class/workshop.

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

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.

## 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.

## Pregnancy Nutrition for Energy & Balance

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

## New Mom's Postnatal Nutrition for Energy & Balance

If you want to incorporate healthy eating habits into your day, increase your energy level and feel more balanced as a new mother, this information session is for you. Receive simple, nutritious diet and snack ideas for your busy life with a new baby.

## **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.

## **"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.



Call to book your appointment today at the Edamame Spa! Bring a friend or your mother with you. Spend the day relaxing with a massage and facial!

To book an appointment, please call 212.588.0220

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