

# destination maternity™

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

## Schedule of Events

### FREE CLASSES April 2008

#### **Mondays:**

9:30-10:30 AM	Tots Itsy Bitsy Yoga
10:40-11:40 PM	Prenatal Yoga
6:30-7:30 PM	Prenatal Yoga

#### **Tuesdays:**

9:30 - 10:30 AM	Infant Massage
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#### **Wednesdays:**

9:30 -10:30 AM	Baby Itsy Bitsy Yoga
6:45-7:45 PM	Kundalini Prenatal Yoga

#### **Thursdays:**

11:00 - 12:00 PM	Mommy and Me Yoga (Babies welcome 6 weeks to 6 Months)
12:30 - 1:30 PM	Prenatal Yoga
6:45 – 7:45 PM	Postnatal Yoga (for moms only)

#### **Saturdays**

9:30 – 10:30 AM	Prenatal Yoga
11:15 – 12:15 PM	Prenatal Yoga

### Childbirth Education Classes

Sunday, April 6 <sup>th</sup>	1-5pm Childbirth Education
Saturday, April 19 <sup>th</sup>	1-4pm Breastfeeding Basics
Sunday, April 20 <sup>th</sup>	1-4pm Newborn Essentials
Saturday, April 26 <sup>th</sup>	1-5pm Childbirth Education

### Special Events

Thursday, April 3 <sup>rd</sup> 6:30-8:00 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)
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Thursday, April 17 <sup>th</sup> 6:30 – 8:00 PM	<b>Destination Maternity Book Club:</b> 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)
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Independent Instructors are responsible for all classes taught in the learning studios.

Class attendance involves a release agreement .For more information or to sign up for a class – please call 508.653.1605 \*Classes and times are subject to change, please confirm with the store before attending class

104 WORCESTER ST (Rte 9)  
Natick, MA 01760  
508-653-1605

**ALL CLASSES IN THE LEARNING STUDIO ARE FREE!  
SIGN UP TODAY TO RESERVE YOUR SPOT IN CLASS**

## **CLASS DESCRIPTIONS**

### **Breastfeeding 101**

Breastfeeding 101 is a prenatal breastfeeding class, available to all pregnant women and their partners. Topics include:

\* Anatomy and basic mechanisms of lactation \* Getting started ~ latching on, positioning, how to tell if your baby is getting enough milk \* Common problems / simple solutions ~ engorgement, sore nipples, sleepy babies \* Going Back to work

### **Mommy and Me Yoga**

A licensed yoga instructor leads this class for new moms and their little ones. All levels of yoga students will find this postnatal class beneficial. If you have delivered within the past year, this class will address the new needs of your body from recovery to breastfeeding and baby carrying. Postnatal yoga moves the body with flowing postures that are challenging, grounding, uplifting and strength building all at the same time, while bonding with your new bundle of joy.

### **Prenatal Yoga**

Relaxing exercise in gentle yoga postures will increase flexibility, strength, circulation, balance and the mind-body-spirit connection for expecting Mothers. Licensed yoga instructors will guide mom through beginner movements and techniques.

### **Kundalini Prenatal Yoga**

Kundalini Yoga is the Yoga of awareness. Enjoy your pregnancy experience more fully with postures, breathwork, mantra, meditation and relaxation in preparation for childbirth. Expand your focus while reducing stress and other common pregnancy complaints.

### **Infant Massage Series – 4 Classes**

#### **SESSION ONE**

-Introduction to history of the International Association of Infant Massage, and what participants can expect from the class. -Relaxation and positioning. -Massage the legs and feet.

-Demonstrate and teach the technique for relief of colic. -Thank the baby. -Discuss appropriate oils to use. -Closure.

#### **SESSION TWO.**

-Welcome -Relaxation and positioning of the baby. -Massage, legs, feet, abdomen, chest and arms.

-Thank the baby -Discuss behavioral patterns and best time to massage baby.

-Closure.

#### **SESSSION THREE.**

-Welcome. -Relaxation and positioning of the baby. -Massage legs, feet, abdomen ,chest, arms and face. -Thank the baby.

-Discuss the coliky baby. -Closure.

#### **SESSION FOUR.**

-Welcome. -Relaxation and positioning of the baby. -Ask the baby permission.

-Massage the legs, feet, abdomen, chest, arms, face and back. -Thank the baby. -Discuss massage and the older baby.

-Closure.

### **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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