

# destination maternity™

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

## Schedule of Events

### April 2008

#### **Mondays:**

10:15 – 11:15 AM

Prenatal Yoga with Sue (\$12 or Class Pass)

11:30 – 12:30 PM

Mommy and Me Yoga with Sue (\$12 or Class Pass)

Babies welcome – 6 weeks to pre crawling

1:00 – 2:00 PM

Mommy & Toddler Yoga with Sue (\$12 or Class Pass)  
(crawling to Pre-K) **(April 7th, 21st and 28th)**

#### **Wednesdays:**

6:00 – 7:00 PM

Prenatal Yoga with Sue (\$12 or Class Pass)

#### **Thursdays:**

10:15 – 11:15 AM

Prenatal Yoga with Sue (\$12 or Class Pass)

11:30 – 12:30 PM

Mommy and Me Yoga with Sue (\$12 or Class Pass)

Babies welcome – 6 weeks to pre crawling

#### **Saturdays:**

11:00 – 12:00 PM

Prenatal Yoga with Sue (\$12 or Class Pass)

## **Special Events (See Back For Detailed Descriptions)**

**I'm Pregnant, What's Next?** Thursday, 4/3, 6:30-8:00pm Meet with other newly pregnant women and shop Destination for all your maternity fashion needs.

**Breastfeeding 101 with Beth** Monday, 4/14 6:00-8:00 pm (\$35 for mom/couple)

**Essential Tips For The New Mom with Catherine Pearlman**, Family Coach, Monday, 4/14, 12:30 - 1:30 pm [www.@NYFamilyCoach.com](http://www.@NYFamilyCoach.com).

**Destination Maternity Book Club** Thursday, 4/17 6:30-8:00 PM. 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 (free)

**Childbirth Education with Jenn Dembo** 6 week series starting 4/21.

**Craniosacral for the Pre-natal Mom** Saturday 4/26 12noon w/ Anne Samojedny, Physical Therapist (free)

#### **Coming in May:**

**Infant Massage with Meredith Grasso** 11:00-12:00 Wednesdays(4 weeks)  
[www.tranquilityhasnoboundries.com](http://www.tranquilityhasnoboundries.com)

**For more information or to sign up for a class please call 914.948.1279**  
**\*Dates and Times are subject to change, please check with the store to confirm**

5 Maple Avenue, White Plains, NY 10605  
914.948.1279

## **ONGOING CLASS DESCRIPTIONS**

**Pre-natal Yoga** Relaxing exercise in gentle yoga postures will increase flexibility, strength, circulation, balance and the mind-body-spirit connection for expecting Mothers. Certified yoga instructors will guide mom in a safe and supportive manner through movements and techniques to support their pregnancy. You may begin taking classes anytime in your 2<sup>nd</sup> or 3<sup>rd</sup> trimesters and in your 1<sup>st</sup> trimester with a note from your Doctor/Midwife.

**Mommy and Me Yoga** A certified 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.

**Mommy and Toddler Yoga (crawling to 2 yrs, older children to pre K on case by case basis).** Come with your little one(s) to practice some yoga for yourself. Simple yoga will be practiced with toddlers who are able to participate.

## **SPECIAL WORKSHOPS**

**I'm Pregnant, What's Next?** Come meet other newly pregnant women and share your experiences. Attend the event and receive an essentials maternity wardrobe checklist and goodies 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 6:30-8:00PM. Call to book your appointment today at the Edamame Spa! Bring a friend or your mother with you. Spend a relaxing day with a massage and facial! To book an appointment, please call 914-948-1279

**Essential Tips For The New Mom with Catherine Pearlman, The Family Coach** New parents have so much to think about. Sometimes it is helpful to focus on a few important points than stress about everything. Come hear The Family Coach talk about the five key points that will help the new parent avoid making some typical mistakes. Sleep, pacifiers, mommy-time and other topics will be discussed. Parents will also have the opportunity to ask questions. A light snack will be provided. Mon 4/14, 12:30 - 1:30 pm [www.NYFamilyCoach.com](http://www.NYFamilyCoach.com) (free)

**Breastfeeding 101** with Beth Shulman, RN, IBCLC, has been a Board Certified Lactation Consultant (IBCLC) since 1993. 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, and sleepy babies \* Monday, 4/14 6:00-8:00 pm PM \$35 for mom/couple

**Childbirth Education with Jenn Dembo, Childbirth Educator and Doula.** When a woman is knowledgeable about the options available to her during pregnancy, labor and delivery, she increases her chances of having a positive birth experience. This six-week series, is a comprehensive, fact-based class developed with the recognition that childbirth is a normal, natural process. The course covers a variety of topics. No need to bring anything; light snacks will be provided. Call 914-261-7417 to speak with Jenn, Begins April 21st (6 weeks) 6:30-9pm \$225 for series.

**CranioSacral Therapy for the Prenatal Mom with Anne Samojedny, PT** A holistic approach for healing on all levels. CranioSacral Therapy is a light touch technique which rebalances the Nervous System, enhances the immune response organ function and releases structural restrictions. Birthing is a beautiful and traumatic process, yet some experience pre-post-partum difficulties Join us for an empowering one hour lecture and make your pre and post-partum journey a smooth one!! Saturday 4/26<sup>th</sup> 12noon. (free)

### **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. (free)

5 Maple Avenue, White Plains, NY 10605  
914.948.1279