

destination maternity™

Schedule of Events

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

March 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) **(March 10th, 24th and 31st)**

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)

Childbirth Education with Jenn Denbo 6 week series starting March 3rd

Nutrition for New Mommies and Babies w/ Dr. Susan Rubin , DMD, HHC A
Better Way Holistic Health www.drSusanRubin.com Monday 3/3 (free)

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

Craniosacral for the Newborn Monday 3/17 with Anne Samojedny, Physical
Therapist (free)

Destination Maternity Book Club Thursday, 3/20 6:30-8:00 PM. 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 (free)

Coming in April:

Breastfeeding 101 with Beth Monday, 4/14 6:30-8:30 pm (\$35 for mom/couple)

Childbirth Education with Jenn Dembo 6 week series starting April 21st

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 2nd or 3rd trimesters and in your 1st 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

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, taught by Jennifer Dembo, certified childbirth educator and labor support doula, 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. 914-261-7417 to speak with Jenn, Begins March 3rd (6 weeks) 6:30-9 pm \$225 for series.

I'm Pregnant, What's Next? Come meet other newly pregnant women and share your experiences with each other. 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. This event will take place in the T.V. Relax Area. (free)

Nutrition for New Mommies with A Better Way Holistic Health Dr. Susan Rubin, DMD, HHC Life with a new baby can be a big change. This talk will cover what foods are right for getting your body back on track and what foods are best for baby too. Dr. Susan Rubin is a dentist turned holistic nutritionist and is the mother of 3 daughters. Learn more about her food and healing philosophy at www.drSusanRubin.com (914) 864-1293 Monday March 3rd 12:30 (free)

CranioSacral Therapy for the Newborn Anne Samojedny, Physical Therapist presents:. 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 sometimes traumatic process, some babies experience post-partum difficulties. Poor latching for breast feeding, colic, reflux, gas fits, irritability, constipation and poor sleep for the newborn are among the most common, easily treated issues! Join us for an empowering one hour lecture and make your post-partum journey a smooth one!! www.annesamojedny.com Monday March 17th 12:30 (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