

# destination maternity™

## Schedule of Events February 2012

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

### **Mondays:**

February 6<sup>th</sup> Breastfeeding Basics Part 1  
6:30 PM - 8:30 PM

February 13<sup>th</sup> & 27<sup>th</sup> Prenatal Yoga  
6:00 PM - 7:00 PM

### **Tuesdays:**

February 7<sup>th</sup>, 14<sup>th</sup> & 28<sup>th</sup> Baby Steps  
10:30 AM – 11:30 AM

February 7<sup>th</sup> Breastfeeding Basics Part 2  
6:30 PM - 8:30 PM

February 28<sup>th</sup> Strong Mamas  
6:30 PM – 7:30 PM

### **Wednesdays:**

6:00 PM – 7:00 PM Prenatal Yoga

### **Thursdays:**

5:30 PM – 6:20 PM Baby Steps

6:30 PM – 7:30 PM Strong Mamas

### **Fridays:**

February 3<sup>rd</sup> & 17<sup>th</sup> Breastfeeding Tips for Moms On-The-Go  
10:15 AM – 11:30 AM

### **Saturdays:**

February 4<sup>th</sup>, 11<sup>th</sup> & 25<sup>th</sup> Prenatal Yoga  
10:15 AM – 11:15 AM

February 25<sup>th</sup> Labor of Love Part 1  
1:00 PM – 5:00 PM

### **Sunday:**

February 26<sup>th</sup> Labor of Love Part 2  
1:00 PM – 5:00 PM

**\*\*\*Please Note Time Change of Weekday Prenatal Yoga Class Time\*\*\***



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## Woman's Classes Located at Destination Maternity

### **Prenatal Yoga: \$12 per class or class pass (\$60 for 6 classes or \$110 for 12 classes)**

Yoga can help you prepare physically, mentally and emotionally for giving birth and becoming a mother. Moms-to-be are led through a wide range of poses adapted for the ever-changing pregnant body, preparing her for labor and motherhood, as well as helping to alleviate some of the associated discomforts of pregnancy. Physician release required.

### **Strong Mamas: \$12 per class or class pass (\$60 for 6 classes or \$110 for 12 classes)**

Pregnancy exercise class designed to focus on preparing your body for the changes of pregnancy, labor and delivery. This cardio and strength training routine will help improve energy level, attitude and self image. Physician release required.

### **Baby Steps: \$12 per class or class pass (\$60 for 6 classes or \$110 for 12 classes)**

An exercise class for moms to do with their babies! This class targets all major muscle groups, providing the right combination of cardio and strength training to get you back to pre-baby shape while increasing energy levels to handle the demanding job of motherhood. Physician release required less than six weeks postpartum.

### **Breastfeeding Tips for New Moms: \$20**

Join us to learn all of the "tricks of the trade" for returning to work without weaning your breastfed baby. Our lactation specialist will guide you through developing an individualized plan to prepare you for your transition back into the workplace or school setting. Mothers are invited to bring their breastfeeding babies.

### **Breastfeeding Basics: \$35 per couple**

Have you been thinking about breastfeeding your baby, but you aren't quite sure if it is right for you? In this 2 part class learn about the benefits of breastfeeding, how to prepare for breastfeeding, how to get the baby on the breast properly, the father's role, breastfeeding pumps and supplies, and how to avoid common problems.

### **Doulas and Comfort Measures for Labor: \$5 per couple**

What is a doula? A doula is an experienced support person who helps through labor, birth and beyond. This class explores the benefits of working with a doula, how to create a positive birth environment, positions for labor and hands-on comfort measures.

### **Labor of Love: \$75 per couple**

This class is recommended for couples wanting to learn how to cope with the pain of labor and birth. During the 8 hours of this class series, you and your labor partner will practice using Lamaze breathing and relaxation techniques and the comfort measures and techniques for your support persons that were discussed in part 2 of the Special Delivery class.

For more information and to register for these classes, call Resources for Women at 225-924-8444 or visit our website at [womans.org](http://womans.org).



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