

# destination maternity™

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

## Free Schedule of Events

November 2009

### Monday

11:00 AM- 12:00 PM  
5:30 PM – 6:00 PM

Itsy Bitsy Tots  
Prenatal Yoga

### Tuesday

5:30 PM – 6:30 PM

Prenatal Yoga

### Wednesday

10:00 AM – 11:00 AM  
6:00 PM – 7:00 PM

Prenatal Yoga  
Prenatal Yoga

### Thursday

10:00 AM – 11:00 AM  
11:00 AM -12:00 PM  
6:00 PM – 7:00 PM

Itsy Bitsy Yoga®  
Postnatal Yoga  
Strong Mamas

### Friday

10:00 AM – 11:00 AM

Prenatal Yoga

### *Special Events:*

Saturday November 14<sup>th</sup>  
10:00AM-11:30AM

Breastfeeding Basics

Saturday November 21<sup>st</sup>  
10:00AM- 11:00AM  
11:00AM-12:00PM

Itsy Bitsy Yoga  
Postnatal Yoga

Saturday November 21<sup>st</sup>  
12:30PM-1:30PM

Prenatal Yoga

Saturday November 21<sup>st</sup>  
2:00 PM – 3:00PM  
3:00 PM- 4:00 PM

Mommy Massage  
Infant Massage

Saturday November 28<sup>th</sup>  
1:30PM-3:00PM

Partner Yoga for Labor and Delivery

5539 LBJ Freeway, Dallas, TX 75240  
972.788.4115

### **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.

### **Strong Mamas**

Join Tiffany, certified prenatal fitness trainer, as she leads you through a complete, safe and gentle prenatal workout using small hand weights, body balls and bands. This strength training routine will improve energy level, attitude and self-image.

### **Postnatal Yoga**

This class consists of stretching, strengthening, breathing, and relaxation techniques specifically designed for the postnatal woman. Connect with other new mothers in a supportive and healthy environment while restoring muscle tone.

### **Baby Itsy Bitsy Yoga® (3 wks to Crawling)**

Baby Itsy Bitsy Yoga classes contain dozens of unique yoga postures designed to support baby's development. Each class is filled with calming, nurturing ways to enhance bonding and improve baby's sleep. During a Baby Itsy Bitsy Yoga class, babies enjoy yoga while on their backs, tummies, or held in loving arms. For parents, this class is a special opportunity to meet other moms, get support, and learn about baby's emerging personality. Most of the yoga we do in Itsy Bitsy Yoga is for baby, but you will also learn breathing and relaxation techniques as you practice a bit of yoga yourself.

### **Infant Massage**

Clinical evidence shows that loving, touching, nurturing contact between caregiver and infant has an important impact on development. In this interactive class, certified massage expert Monica Hamer guides parents through a step-by-step massage routine that enhances their natural ability to nurture and bond with baby. Specific strokes are taught to help with congestion, colic, and gas. Be prepared to bring baby, or practice doll and towel to class.

### **Breastfeeding Basics**

Do you wonder...will breastfeeding hurt? Will I make enough milk? How will I know my baby is getting enough? If so, this class, led by Registered Dietitian and Lactation Consultant, Nicole Roth, is the one for you! Increase your confidence with breastfeeding and get your questions answered in this relaxed setting.

### **Beyond Basics: Breastfeeding II**

In this class Nicole Roth, RD, LD, IBCLC, Lactation Consultant and Registered Dietitian, will cover choosing and using a pump, returning to work, preventing and managing breastfeeding challenges, ways to advocate for breastfeeding in your birth preparations, nutrition during breastfeeding, and much more! Prior completion of the "Breastfeeding Basics" class is recommended but not required for attendance in this class.

### **Partner Yoga for Labor and Delivery**

Join Susie Farnick, Certified Pre and Postnatal Instructor, for our Partner Yoga class. This workshop will prepare you and your partner with a practical application of postures, breathing techniques and communication tools that will provide ease and comfort before and during labor and delivery. This is a perfect time to connect with your partner before baby arrives! Class is designed for all levels so dress for comfort and prepare to wind down and relax.



With a new baby arriving there are tons of things that will need to be done. Don't let yourself forget about college savings. The Futuretrust program can help turn your everyday spending into college savings. Learn how to save for your child's future when you buy gas, groceries, clothes and more.

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