

destination maternity™

Schedule of Events

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

February 2010

- Monday**
6:45 – 7:45PM
PRENATAL YOGA with Michelle Wenis (\$12 or Class Pass).
- Tuesday**
6:30 – 7:30PM
PRENATAL/POSTNATAL BELLY DANCING with Kristi Liotta (\$12 or Class Pass)
- Wednesdays**
6:30 – 8:30PM
BRADLEY METHOD® NATURAL CHILDBIRTH w/ Green Woman Yoga & Childbirth, LLC
Erich and Michelle Wenis www.greenwomanyc.com, www.bradleymethod.com (\$250/12 Weeks).
- Thursday**
10:15 – 11:15AM
WEEKLY MOMS’ GROUP OPPORTUNITY – Contact Michelle at 203 797 8972 or mwenis@greenwomanyc.com.
- 11:30AM – 12:15AM
12:30 – 1:30PM
POSTNATAL YOGA with Jessica Outlaw (Pre-crawling babies welcome, \$12 or Class Pass)
LUNCH BREAK PRENATAL YOGA with Jessica Outlaw (\$12 or Class Pass).
- Saturday**
10:45 – 11:45AM
12:00 – 1:00PM
PRENATAL YOGA with Michelle Wenis (\$12 or Class Pass)
PRENATAL YOGA with Michelle Wenis (\$12 or Class Pass)
- *** Coming in March, FIT PREGNANCY CLASS. For inquiries, please contact Michelle Wenis at mwenis@greenwomanyc.com 203 797 8972. *****

Special Events

- Tuesday February 2
11:45AM – 12:45PM
* MONTHLY *
MONTHLY - MAMA-NEEDS-ADULT-CONVERSATION BOOK CLUB – We will read The Five Love Languages of Children by Gary Chapman. The facilitator will be **Michelle Wenis** and we will decide as a group how to best approach reading together, whether it is one or a few chapters per month, etc... See class description in back for details. Pre-crawling babies are welcome. **Space is limited – register by Mon Feb 1** via Michelle at 203 797 8972 or mwenis@greenwomanyc.com. This monthly Mama’s Club is **FREE**.
- Sunday February 21
12:00 – 1:00PM
INFANT MASSAGE – Att: Mom/Dad/Gramps, bring baby and come experience Infant Massage with Melanie McGuire, MA, LMT, CEIM See class description in back and for additional class content inquiries contact Melanie 203 733 1661. **Space is limited – register by Sat Feb 20** via Michelle Wenis at 203 797 8972 or mwenis@greenwomanyc.com. (\$12 or class pass).
- Sunday February 28
11:30AM – 12:30PM
* MONTHLY *
PARENTING 101: A MONTHLY LOOK AT YOUR PARENTING JOURNEY - Chrys Prip, La Leche League Leader, facilitates this **monthly breastfeeding & new parenting support** opportunity for parents and parents-to-be to meet new friends and find resources in a very positive and supportive atmosphere. **This month’s topic: CRIB SLEEPING, CO-SLEEPING & THE IN-BETWEEN. Space is limited - register by Fri Feb 26** via Michelle via 203 797 8972 or mwenis@greenwomanyc.com. (\$12 or class pass).

SAVE ON FITNESS CLASSES WITH A CLASS PASS! 10 FOR \$100 OR DROP IN \$12 PER CLASS, UNLESS OTHERWISE NOTED!
Independent Instructors are responsible for all classes taught in the learning studios. Class attendance involves a release Agreement. To sign up for a yoga class please call the store directly 203.739.0473. For special events, please contact the instructor directly.

15 Backus Avenue Danbury, CT 06810
203.739.0473

CLASS DESCRIPTIONS

THE BRADLEY METHOD®

You would like to have "as natural a birth as possible," as long as it is bearable and doesn't place you or baby at risk. Your partner wants to be your biggest cheerleader but doesn't know what you're going through, are about to go through and how to get you BOTH through it together? You have questions on nutrition, prenatal exercise, medical and holistic ways to prepare your body for your birth. You would like to have the best chances to breastfeed, learn about bonding with your baby and you want to know if you really do have a voice in all of this? Lastly, you really wish you could learn some tools to relax? Here's how! Join certified Bradley® instructors and dynamic duo, Erich and Michelle Wenis, as they teach this 12 week course together and alternately. You won't believe how much there is to learn and how much more you'll look forward to this baby's birthday because of everything you've done to prepare for it. It's not MAGIC – it's just natural! www.greenwomanyc.com and www.bradleybirth.com

INFANT MASSAGE

Bring your baby and come experience Infant Massage with Melanie McGuire, MA, LMT, CEIM Melanie is a Nationally Certified and Connecticut State Licensed Massage Therapist and Certified Parent Educator of Infant Massage. Infant massage has been shown to have many positive benefits for both parents and baby which include improved sleep, strengthened bond and specifically for baby improved digestions and relief of gas and colic symptoms as well as improved muscle tone and sensory awareness. This class is for parents and babies that are up to 1 year, recommend best for pre-walkers. **What you would need to bring to the massage sessions:** your baby, two bed pillows, baby blanket (that is OK to get soiled) wash cloth. For questions to Melanie 203 733 1661.

MONTHLY MAMA-NEEDS-ADULT-CONVERSATION BOOK CLUB

The idea is to alternate between parenting and non-parenting books through the year. This club is for any mother at whatever Stage of her parenting journey. If you find yourself behind on the reading, come to the next one regardless, and just get that hour of adult time to de-stress with the gals!

PARENTING 101: A MONTHLY LOOK AT YOUR PARENTING JOURNEY

This is a monthly opportunity for parents and parents-to-be to find support and resources in a very positive and supportive atmosphere. Topics are dynamic and pertinent.

PRENATAL BELLYDANCING

Bellydancing has its roots in rituals that honor women, pregnancy and birth. Classes will allow students to learn and explore this ancient dance. Bellydancing encourages you to embrace your changing body, increase muscle tone, and decrease back pains. You will also learn to use your dance in your labor and birth.

PRENATAL YOGA

Regular exercise and prenatal exercise are not the same. Our focus in prenatal yoga is to open up your hips, strengthen your legs, back and keep your abs safely toned for a prepared birthing body. Over the weeks or months ahead you can find balance between your thoughts, emotions and body through the breath while strengthening it for a more comfortable birth and recovery. It is also very positive to commune with other pregnant mothers.

POSTNATAL YOGA

We love our babies so much! We hug them, hold them, carry them, feed them while our own wonderful bodies start to tighten up and seem to fall apart. Baby needs a strong and happy Mom more than anything in the world. Gain a much deserved hour for yourself while you rebuild your flexibility, strength and jump back into your yoga practice or get a great start if it's you are new to yoga!

POSTNATAL STRENGTH w/ WEIGHTS

Designed by Michelle Wenis, this Postnatal Class is serious about getting you in top form for all the new demands on your mind, body and spirit. You'll experience cardio strength training through powerful vinyasa practice, abs work and weights to give your workout that extra "umph!" Bring a pair of 1, 3 or 5lb weights.



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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