

destination maternity™

Schedule of Events

July 2009

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

Mondays 6:45 – 7:45 PM	Prenatal Yoga with Michelle Wenis (\$12 or Class Pass)
Wednesdays 6:30 – 8:30 PM	Bradley Method® w/ Green Woman Yoga & Childbirth, LLC Erich and Michelle Wenis (\$250 for 12 Weeks)
Thursdays 10:15 – 11:15 AM 11:30 AM – 12:15 PM	Prenatal Yoga with Kathy Roe (\$12 or Class Pass) Baby & Me Yoga with Kathy Roe 8 weeks through pre-crawling (\$12 or Class Pass)
Saturdays 10:15 – 11:00 AM 11:30 AM – 12:30 PM	Baby & Me Yoga with Michelle Wenis 8 weeks through pre-crawling (\$12 or Class Pass) Prenatal Yoga with Michelle Wenis (\$12 or Class Pass)

Special Events:

Saturday, July 11 11:30 AM – 12:30 PM	Breastfeeding Tips – Chrys Prip, La Leche League Leader, is available to answer questions and offer more information on the importance of breastfeeding support, the common victories and challenges many women face. Please contact Chrys directly to register chrysprip@sbcglobal.net .
Saturday, June 18 11:00 AM – 12:00 PM	Style Selection Class Come to Destination Maternity and let our maternity specialists find the right clothes for you to get you through the best 9 months of your life – complimentary. No registration required.
1:00 – 2:30 PM	“Infant Massage” with Kim Blankenburg. Program designed to improve bonding, reduce colic and stress. From birth to six months. \$60 for a 90 minute session. Please contact Kim directly to register 203 589 2804 www.lovingtouch.com .
Saturday, July 25 12:00 – 1:00 PM	Free Music for Little Hands Kindermusic® demonstration. Please call Leslie to register 203 452 8252.
1:00 – 4:00 PM	CPR for Infants, Children & Adults – Get Certified Taught by paramedic Dennis Fogler, American Heart Association instructor. \$95 per person. Please contact Michelle Wenis to register 203 797 8972.

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

Baby & Me Yoga (six weeks through crawling)

Being a new Mom is an awesome adventure and even more fun spending some of that recovery, bonding and discovery time with other moms and babies. Spend the first fifteen minutes chatting and playing with other moms and babies and the next 45 minutes honoring your mind, body and spirit with your baby safely next to you or participating with you through postnatal exercises that renew and rejuvenate. We spend a few minutes of dedicated baby stretches and movements; enough to awaken but not too much to over stimulate.

The Bradley Method®

The Bradley Method of Natural Childbirth® teaches both mother and her coach (husband or other support person) techniques to achieve mental, physical and emotional relaxation for a natural non-medicated childbirth. Everyone wants to make the best choices for her baby; those choices are broadened when you have the power of education, confidence and the tools to help you get to the birth experience you hope for. There are pros and cons to medical and alternative interventions as well as to letting nature take its course. Learn what kinds of questions to ask, about nutrition during pregnancy, pregnancy exercises and the benefits of breastfeeding. Bradley Method® is offered in a 12-class course and is taught by certified Bradley instructors.

Recent testimonial from Bradley couple: “[We]... came into this process, literally knowing nothing, and the both of you gave us the insight, knowledge, power and confidence to have the birth that we would like to have. Of course, we have no idea what the future holds in front of us and our birth, but we feel so confident that we can handle whatever lies ahead. Thank you for remaining balanced, fair, and above all, for being such great listeners. The advice was priceless... We are looking forward to our birth and both of you made that possible.”

CPR for Infants, Children & Adults – Get Certified

In this relaxed three hour course, you will learn how to recognize an infant, child, adult in distress and be able to respond and perform lifesaving skills. Learn when to call 911, how to perform CPR and relieve choking. Class is taught by an American Heart Association instructor who teaches to lay persons and medical professionals.

Infant Massage

Program designed to improve bonding, reduce colic and stress. From birth to six months

Pregnancy Nutrition – Have an Energetic Pregnancy While You Grow Your Baby

How much weight to gain or not to gain? What to eat and not to eat? What about those cravings? What foods do I need to stay away from? You are what you eat but that doesn't mean you can't enjoy your meals and even snacks through your pregnancy. Learn from a nutritionist how to optimally feed yourself and your baby.

Prenatal Yoga

You've been wanting to do “something” for yourself to stay active in your pregnancy. Do more than that. Join certified yoga instructor Michelle Wenis of Green Woman Yoga and Childbirth, LLC www.greenwomanyc.com and learn how to encourage your body to open, as it readies itself for the birth of your baby. Find peace, rest and balance in an environment that truly celebrates this incredible time in a mother's life. We were not meant to do this alone; actively jump into the sisterhood of this beautiful community to both offer and receive the support every mother-to-be should have. Choose any combination of days. Must sign up one day prior to class. These classes are ongoing.

Prenatal Pilates

Pilates can help build your core strength to have a more comfortable pregnancy and delivery. Modifications are made for pregnancy.

Postnatal Pilates

Re-shape and define your body after pregnancy.

Wee Hands

Looking for an exciting and compelling new way to ease communication with your infant or toddler? Sign, sing and help your baby develop language and communication strategies. Research shows baby signing reduces frustration as babies and toddlers can immediately communicate needs and wants even before verbal skills develop.



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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