

destination maternity™

Schedule of Events

November 2009

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

Mondays 10:15 – 11:15AM	CORE/ABS POSTNATAL CLASS with Kathy Roe (pre-crawling babies welcome, \$12 or Class Pass)
6:45 – 7:45PM	PRENATAL YOGA with Michelle Wenis (\$12 or Class Pass)
Tuesdays 6:30 – 7:30PM	PRENATAL BELLY DANCING with Kristi Liotta (\$12 or Class Pass)
Wednesdays 6:30 – 8:30 PM	BRADLEY METHOD® CHILDBIRTH w/ Green Woman Yoga & Childbirth, LLC Erich and Michelle Wenis (\$250 for 12 Weeks)
Fridays 11:00 – 11:45AM	POSTNATAL YOGA with Jessica Outlaw (pre-crawling babies welcome, \$12 or Class Pass)
12:00 – 1:00PM	LUNCH BREAK PRENATAL YOGA with Jessica Outlaw (\$12 or Class Pass)
Saturdays 10:15 – 11:00AM	INTERACTIVE BABY & ME YOGA with Michelle Wenis (babies through pre-crawling, \$12 or Class Pass)
11:30 – 12:30 PM	PRENATAL YOGA with Michelle Wenis (\$12 or Class Pass)

Special Events:

Sunday, November 8 11:30 – 12:30PM	BREASTFEEDING Q&A – 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, November 14 12:45 – 1:45PM	HAVING A HAPPY & HEALTHY PREGNANCY, LABOR, DELIVERY & RECOVERY Contact Lisa Miller, CHHC, Holistic Health & Wellness Counselor who specializes in working with prenatales and new moms at 914 482 2265 www.lisamillerwellness.com .
Saturday, November 21 12:45 – 1:45pm	PARTNER YOGA CLASS FOR THE EXPECTING COUPLE with Jessica Outlaw. Enjoy connecting with your partner in this fun class. Supported yoga postures encourage couples to share weight, focus, balance and breath. No experience necessary. All levels welcome. For more information contact jessicaoutlaw@hotmail.com or www.yogaoutlaw.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

PRENATAL CLASSES

The Bradley Method®

The Bradley Method of Natural Childbirth® prepares you and your husband/partner to have an optimal low risk pregnancy and the best possible birth experience you can have. Over 12 weeks, you are informed in prenatal nutrition, mental/emotional/physical relaxation techniques, prenatal exercise, medical and holistic alternatives through pregnancy and labor and how to best communicate your concerns and preferences with your birth team and birth place. Your partner also learns tangible hands on comfort measures for you through pregnancy, labor and beyond so you can both experience bringing this baby into your growing family with the goals of Healthy Baby, Healthy Mom and Healthy Family.

Interactive Baby & Me Yoga (six weeks through crawling)

You love your baby and spending every wonderful moment together! But where does that leave you those moments you feel worn out and isolated? Why not take a class together where you can both do yoga postures designed for Mom, for baby and for the both of you together? Nurturing yourselves with stretching, strengthening exercises doesn't have to wait or be done alone! And you both might just meet the best play date friends ever!

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.

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 birth and a faster recovery. It is also very positive to commune with other pregnant mothers.

POSTNATAL CLASSES

Core/Abs Postnatal Yoga

How long do you need to wait to regain your energy and work on your wonderful body again? Not long at all. Take care of yourself again! Re-shape and define your body after pregnancy in a terrific class that will work your abs and core.

Postnatal Yoga

We love our babies so much! We hug them, hold them, carry them, feed them as our own 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 and strength.



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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