

destination maternity™

Schedule of Events February 2010

Monday:

6:00 - 7:00 pm Prenatal Yoga with Jessica (\$16 or class pass)

Tuesday:

Noon - 1:00 pm Prenatal Yoga with Jessica (\$16 or class pass)

6:15 - 7:15 pm Prenatal Pilates with Cathy (\$16 or class pass)

Wednesday:

12:30 - 1:30 pm Finding Your Inner Mama with Renee (\$125/5 week series or class pass)

1:30 - 2:30 pm

5:30 - 6:30 pm Prenatal Yoga with Suzanne (\$16 or class pass)

6:45 - 7:45 pm Prenatal Yoga with Suzanne (\$16 or class pass)

Thursday:

Noon - 1:00 pm Prenatal Pilates with Paolina (\$16 or class pass)

Friday:

Noon - 1:00 pm Prenatal Yoga with Lauren (\$16 or class pass)

Saturday:

10:15 - 11:15 am Prenatal Yoga with Lisa (\$16 or class pass)

11:30 am - 12:30 pm Prenatal Pilates with Cathy (\$16 or class pass)

***2/13, 1 - 3 pm Comfort Techniques for Labor (\$75/ couple; \$45/ individual)**

2/20, 12:45 - 1:45 pm Doula Information Talk with Birthing Gently Doula Services (FREE!)

2/27, 12:45 - 1:45 pm Belly dancing for Pregnancy with Cathy (\$16 or class pass)

Sunday:

***2/14, 3:30 - 4:45 pm Partner Yoga for Expecting Couples with Lisa (\$16/per person)**

*Valentine's Day Special

(See backside for complete descriptions)

NOTE: Class size is limited. Reservations are **required** for all Learning Studio programs. Please call 212-588-0220 to make your unpaid reservation. New students are asked to arrive 10 minutes early.

28 East 57th Street
New York, NY
212.588.0220

Class Descriptions

Prenatal Yoga

This class provides relief from the common discomforts of pregnancy and will help the mom-to-be adjust to her rapidly changing body. Yoga postures will strengthen the spine to counterbalance the growing abdomen, open the hips to prepare the body for labor and delivery, and empower her to face childbirth with confidence and courage. Vocal, abdominal, and pelvic floor toning is also practiced. All levels welcome.

Prenatal Pilates

Pilates for pregnancy helps strengthen the body, align the posture and calms the mind. The class follows the traditional Pilates mat repertoire, but modified for maximal use of the abdominals isometrically and contraction of the pelvic floor (which drops during pregnancy and must be strengthened for quick post partum recovery). By emphasizing the stabilization of the body, common discomforts of pregnancy are eased. All levels welcome.

BabyBites Expectant Moms & New Moms Support Group: Finding Your Inner Mama

Meet other moms and moms-to-be in your neighborhood! We will bring together a small, supportive group of women to share experiences, ask questions, and find support. Facilitated by certified life coach and fellow mom Renee Sullivan on Wednesdays 12:30- 1:30 pm (expectant moms) & 1:30-2:30 pm (moms & their babies 0-6 months); \$125 for the five week series. This is not a drop-in class; however, Destination Maternity class cards will be honored with an e-mail reservation to Baby Bites. For more information +/or to RSVP: events@babybites.net

Partner Yoga for Expecting Couples

This special Valentine's Day class is great way to enhance the bond with your partner and your unborn baby. You'll begin by focusing on your breath, the breath of your partner and its' connection to your baby. From there, breath and movement flow together, shifting you into simple yoga postures appropriate for all levels of experience, utilizing weight share and partner support. Some of the postures you'll learn can be utilized during labor as pain management techniques to help the birthing mother. All exercises are aimed to create a sense of space within the body and mind for the pregnant mom and her partner. Class will finish with simple pranayama breathing, guided mediation, and the delicious surrender of peaceful rest in Savasana.

Comfort Techniques for Labor

This Valentine's Day weekend workshop will give you the physical skills to work together as a couple during the birth of your child. Mothers and their birth partners will be taught a wide variety of postures and positions that may relieve many of the potential discomforts of pregnancy and labor and will encourage the baby into the best position during labor. Hands on practice of massage/acupressure techniques specific to birthing, varying positions for the different stages of labor, how to use a birth ball during labor, guided imagery, breath work and other non-pharmacological comfort techniques, will all support the mothers-to-be in moving through their labors with confidence.

Doula Information Session

The acceptance of doulas in maternity care is rapidly growing with the recognition of their important contribution to the improved physical outcomes and emotional well being of mothers and infants. Join us for a discussion about the doula's role before, during, and after the birth of your baby. This event is complimentary.

Belly Dancing for Pregnancy

Belly dance is an ancient and powerful dance form that women throughout the ages have used to help them with pregnancy and labor. Prenatal belly dancing is a great way to strengthen your body and build stamina for a more easeful labor and quicker postpartum recovery. You and your baby will enjoy the soothing undulations and stress-releasing shimmies! All are welcome.



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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