

destination maternity™

Schedule of Events

July 2009

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

Monday:

Noon – 1:00 PM Prenatal Yoga with Jessica Outlaw (\$16 or class pass)

6:15 - 7:15 PM Prenatal Yoga with Jessica Outlaw (\$16 or class pass)

Tuesday:

6:15 – 7:15 PM Prenatal Pilates with Cathy Ferrara (\$16 or class pass)

Wednesday:

6:15 – 7:15 PM Prenatal Yoga with Jessica Outlaw (\$16 or class pass)

Thursday:

Noon – 1:00 PM Prenatal Pilates with Paolina Weber (\$16 or class pass)

July 23, 6:30-7:30 PM Doula Information Session, presented by Julia Mannes (FREE)
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 an informal discussion about the doula’s role before, during, and after the birth of your baby. Birth partners are strongly encouraged to attend.

July 30, 6:30 – 7:30 PM Belly Dancing for Pregnancy with Cathy Ferrara (\$16 or class pass)
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!

Friday:

Noon – 1:00 PM Prenatal Yoga with Lauren Hale (\$16 or class pass)

Saturday:

10:15 AM – 11:15 AM Prenatal Yoga with Lisa Kazmer (\$16 or class pass)

NOTE: Class size is limited – reservations are **required for all Learning Studio programs. Please confirm with the store before attending by calling 212.588.0220 to reserve your place. Participants are asked to **arrive 10 minutes early.****

******All Learning Studio classes cancelled Fri. July 3rd – Sat. July 4th for the holiday******

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.

Creating Your Birth Plan

What are your hopes for your birth? Your fears? Your values? How do you communicate these things to your caregiver? Come explore these and other important questions in a supportive environment where we will look at what goes into creating a successful birth plan. Workshop will include discussion, brainstorming, and composition ideas for the written birth plan. Partners are strongly encouraged, though not required, to attend. This event is complimentary.

Prenatal Yoga for Insomnia

Back by popular demand! Getting enough quality sleep can often be a challenge for expecting moms. The anticipation of the arrival of your baby, fluctuating hormones, and the baby's nocturnal activity can leave you feeling tired during the day. The unique workshop will focus on gentle restorative yoga postures, breathing techniques and nutritional options to promote relaxation and better sleep patterns during this beautiful time.

Newborn Care Class

This two-hour class, taught by a certified postpartum doula, will help new parents to become familiar with the basics of caring for their infant in the first 6 weeks after birth. Topics covered will include:

- * Understanding normal infant behavior, communication, appearance and sleep patterns
- * Understanding common newborn procedures in the hospital
- * Benefits and demonstration of baby wearing
- * Understanding the basics of diapering, umbilical cord care, bathing, and assessment of your baby
- * Choosing a pediatrician
- * Understanding postpartum adjustment for the whole family
- * Newborn warning signs

Infant CPR & Safety

This important class is dedicated to accident and emergency prevention, fast recognition and effective response for 0-12 month old infants. The Baby Be Safe Infant CPR & First Aid class is highly recommended by Pediatricians and Obstetricians. Expecting and new parents, babysitters, grandparents, friends, and nannies are encouraged to attend.



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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