

# destination maternity™

## Schedule of Events

June 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 Suzanne Girard Foote (\$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)

June 11, 6: 30 – 7:30 PM

Creating Your Birth Plan, presented by Lauren Hale. (\$16 or class pass)  
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 to creating a successful birth plan. Partners are strongly encouraged to attend.

June 25, 6:00 - 7:30 PM

Breastfeeding Class, hosted by Baby Bites. (\$30. Destination Maternity customers receive \$15 back at the door with the event flier in-hand. RSVP: [events@babybitesnyc.com](mailto:events@babybitesnyc.com)) Breastfeeding is one of the greatest gifts you can give your baby, but for many women it's easier said than done. Knowing what to expect and getting help right from the start are the keys to success. A certified lactation consultant will speak about the do's, don'ts, and must knows about breastfeeding. Learn techniques for latching-on, positioning, holds, eliminating discomfort and increasing milk supply. Q & A to follow. All moms who sign-up and pay in advance will take home a great gift valued at up to \$120!

Friday:

Noon – 1:00 PM

Prenatal Yoga with Lauren Hale (\$16 or class pass)

Saturday:

10:15 AM – 11:15 AM

Prenatal Yoga with Suzanne Girard Foote (\$16 or class pass) --- **{NEW TIME!}**

June 13, 12:15 – 2:15 PM

Infant CPR & Safety, presented by Baby Be Safe. (\$75 per person)  
A must for all expecting, new and second-time parents! This comprehensive class covers accident and emergency prevention, fast recognition and effective response for 0-12 month old infants. Participants will learn infant CPR, infant rescue breathing and infant Heimlich on conscious and unconscious victims. Babysitters, grandparents, friends and nannies are encouraged to attend.

NOTE: Class size is limited - please confirm with the store before attending by calling 212.588.0220 to reserve your place in a class/workshop. Participants are asked to arrive 10 min early.

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

28 East 57<sup>th</sup> 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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