

destination maternity™

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

Schedule of Events

May 2009

Mondays:

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)

May 11th, 7:20 - 7:55 PM

Pregnancy Nutrition for Energy & Balance with Suzanne Girard Foote (\$16 or class pass) If you would like to increase your energy and feel more balanced during this special time, then this talk is for you. Learn how to make the most nutritious eating choices, deal with cravings, and incorporate healthy lifestyle options into each day during your pregnancy - and beyond.

Tuesdays:

6:15 – 7:15 PM

Prenatal Pilates with Cathy Ferrara (\$16 or class pass)

Wednesdays:

6:15 – 7:15 PM

Prenatal Yoga with Jessica Outlaw (\$16 or class pass)

May 6th, 7:20 – 7:50 PM

The Proper Kegel, presented by Randi Stone (\$16 or class pass)
Back by popular demand! You can't afford to miss this innovative class that will teach you how to engage the pelvic floor from the inside out to prevent incontinence and uterine prolapse, both common to women during pregnancy and postpartum. Learn how to differentiate between the different parts of the pelvic floor and to work these muscles at a much deeper level than by simply pretending to stop the flow of urine, as so many doctors and books advise.

Thursdays:

Noon – 1:00 PM

Prenatal Pilates with Paolina Weber (\$16 or class pass)

May 21st, 6:30 – 7:30 PM

Sleep Challenges during Pregnancy with Suzanne Girard Foote (\$16 or class pass)
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.

Fridays:

Noon – 1:00 PM

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

Saturdays:

11:00 AM – 12:00 PM

Prenatal Yoga with Marie-Ange Aimon (\$16 or class pass)

May 16th, 12:15 – 2:45 PM

Newborn Care Class, presented by Meema Spadola (\$75 per couple; \$45 individual)
Learn the basics of caring for your infant in the first 6 weeks after birth. Complete description on the back.

Coming next month:

Thursday, June 11 6:30 – 7:30 PM. Creating Your Birth Plan (\$16 or class pass)
Saturday, June 13 12:15 – 2:15 pm. Infant Safety & CPR (\$75 per person)

****All classes cancelled Saturday, May 23rd – Monday, May 25th for the Memorial Day holiday****

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.

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.

Pregnancy Nutrition for Energy & Balance

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Sleep Challenges during Pregnancy

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.

Creating Your Birth Plan >>>> coming next month!

What are your hopes for your birth? Your fears? Your values? And 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.

The Proper Kegel

You can't afford to miss this innovative class that will teach you how to engage the pelvic floor from the inside out to prevent incontinence and uterine prolapse, both common to women during pregnancy and postpartum. Learn how to differentiate between the different parts of the pelvic floor and to work these muscles at a much deeper level than by simply pretending to stop the flow of urine, as so many doctors and books advise.

Newborn Care Class

Taught by a certified postpartum doula, this valuable class 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
- * Benefits and demonstration of baby wearing
- * Understanding the basics of diapering, umbilical cord care, bathing, and assessment of your baby
- * Understanding postpartum adjustment for the whole family
- * Newborn warning signs

Infant CPR & Safety >>>> coming next month!

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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