

destination maternity™

Schedule of Events

November 2009

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

Monday:

6:15 - 7:15 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:

1:30 – 2:30 pm Finding Your Inner Mama, presented by Baby Bites (\$100/5 wk series)
3 - 4 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)

11/11, 6:30-8:30 PM Babybites presents: Essential Tips and Products for New Moms: 251 W. 100th St & West End. Visit www.babybites.net for more information and to register.

Thursday:

Noon – 1:00 pm Prenatal Pilates with Paolina (\$16 or class pass) – {No class 11/26}

11/19, 6:30 – 7:45 pm Breastfeeding 101, presented by Babybites (\$30 in advance or \$40 at the door; Destination Maternity customers receive \$10 back at the door with the event flier in-hand. RSVP to events@babybites.net)

Friday:

10:45 – 11:45 am Mommy & Me Yoga with Lauren (\$16 or class pass) – {No class 11/27}

Noon – 1:00 pm Prenatal Yoga with Lauren (\$16 or class pass) – {No class 11/27}

Saturday:

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

3:15 – 4:15 pm Prenatal Pilates with Cathy (\$16 or class pass) – {No class 11/28}

4:30 – 5:30 pm Prenatal Belly Dancing with Cathy (\$16 or class pass) – {No class 11/28}

11/21, 11:30 – 1:30 pm Comfort Techniques for Labor (\$75/couple; \$45 individual)

Coming next month:

Thurs. 12/10, 6:45 – 7:45 pm Doula Info Talk, presented by NYC Doula Service (FREE!)

(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.

Mommy & Me Yoga

This postnatal yoga class is open to moms and their babies ages 6 weeks to crawling. Experience the strength, toning, and relaxing benefits of yoga in the company of your little one and a community of other new moms! Treat your mind, body, and spirit to this fun and rejuvenating practice as you adjust to life with your new baby.

Babybites New Moms Support Group: Finding Your Inner Mama

Meet other moms 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. Wednesdays 1:30 – 2:30 pm (babies under 6 mo.) & 3:00 – 4:00 pm (babies 6 - 12 mo.); \$100 for the five week series. This is not 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

Doula Information Session >>> coming next month!

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 bi-monthly event is complimentary.

The Proper Kegel >>> coming soon!

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.

Comfort Techniques for Labor

This 2 hour workshop, presented by Jada Shapiro of Birth Day Presence, 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.

Breastfeeding 101

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. At this special class, presented by Baby Bites, 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. Question & Answer session to follow.

Essential Tips and Products for New Moms – *Everything You Need to Welcome Your New Bundle of Joy!* Calling All Moms-To-Be! Don't miss an amazing event hosted by babybites: Join babybites for an evening of shopping, learning, socializing, & fun. Learn important tips about new motherhood and hear about the must-have items for new moms. EVERY attendee will take home an amazing gift. Gifts include strollers, high chairs, car seats, clothing, toys, and much more! All Destination Maternity members who sign up AND pay in advance will receive \$10 refund at check-in. (Important: please bring the Destination Maternity November schedule with you to check-in so babybites knows you came from us!) Read more at www.babybites.net.



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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