

destination maternity™

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

Schedule of Events

June 2009

Tuesdays: 6:30-7:45 PM	Prenatal Yoga
Wednesdays: 10:00 -11:00 AM 6:45-7:45 PM	Baby Itsy Bitsy Yoga (6 weeks to almost crawling) Prenatal Yoga
Thursdays: 11:00 AM - 12:00 PM 12:30 - 1:30 PM	Mommy and Me Yoga (Babies welcome 6 weeks to 6 Months) Prenatal Yoga
Fridays: 9:30-10:30 AM 11:00 AM -12:00 PM	Infant Massage WeeHands with Courtney
Saturdays: 9:15 - 10:30 AM 11:00 AM-12:15 PM	Prenatal Yoga Postnatal Yoga (for moms only)

Childbirth Education Classes

Sunday, June 7th 1:00-5:00 PM	Childbirth Education
Sunday, June 20th 1:00-5:00 PM	Childbirth Education
Sunday, June 28th 11:30 AM-2:30 PM	Newborn Essentials
Sunday, June 28th 2:30 PM-5:30 PM	Breastfeeding Basics

Special Events

Monday, June 8th 6:30 – 7:30 PM	Healthy Cooking Made Easy: Cooking Demo from Healthy Habits Kitchen in Wellesley, including a tasting. Meal kits available for purchase.
Monday June 22nd 6:30-7:30 PM	Baby Planner: For all your pregnancy childbirth and beyond needs

104 WORCESTER ST (Rte 9)
Natick, MA 01760
508-653-1605

CLASS DESCRIPTIONS

Breastfeeding 101

Breastfeeding 101 is a prenatal breastfeeding class, available to all pregnant women and their partners. Topics include:

* Anatomy and basic mechanisms of lactation * Getting started ~ latching on, positioning, how to tell if your baby is getting enough milk * Common problems / simple solutions ~ engorgement, sore nipples, sleepy babies * Going Back to work

Mommy and Me Yoga

A licensed yoga instructor leads this class for new moms and their little ones. All levels of yoga students will find this postnatal class beneficial. If you have delivered within the past year, this class will address the new needs of your body from recovery to breastfeeding and baby carrying. Postnatal yoga moves the body with flowing postures that are challenging, grounding, uplifting and strength building all at the same time, while bonding with your new bundle of joy.

Prenatal Yoga

Relaxing exercise in gentle yoga postures will increase flexibility, strength, circulation, balance and the mind-body-spirit connection for expecting Mothers. Licensed yoga instructors will guide mom through beginner movements and techniques.

Kundalini Prenatal Yoga

Kundalini Yoga is the Yoga of awareness. Enjoy your pregnancy experience more fully with postures, breathwork, mantra, meditation and relaxation in preparation for childbirth. Expand your focus while reducing stress and other common pregnancy complaints.

Infant Massage Series – 4 Classes

SESSION ONE: Introduction to history of the International Association of Infant Massage, and what participants can expect from the class. -Relaxation and positioning. -Massage the legs and feet.

Demonstrate and teach the technique for relief of colic. -Thank the baby. -Discuss appropriate oils to use. -

Closure. SESSION TWO: Welcome -Relaxation and positioning of the baby. -Massage, legs, feet, abdomen, chest and arms. Thank the baby -Discuss behavioral patterns and best time to massage baby.

Closure. SESSSION THREE: Welcome. -Relaxation and positioning of the baby. -Massage legs, feet, abdomen, chest, arms and face. -Thank the baby. Discuss the colicky baby. -Closure. SESSION FOUR.

Welcome. -Relaxation and positioning of the baby. -Ask the baby permission. Massage the legs, feet, abdomen, chest, arms, face and back. -Thank the baby. -Discuss massage and the older baby.

Closure.

Baby Planner: For all of your pregnancy, birth and beyond needs

Helping families navigate through their needs during pregnancy, nursery design, maternity clothes, baby shower planning, exercise and nutrition. Finding the best birthing plan for your family, sibling classes, setting up postpartum care. Making the pregnancy, birth and beyond experience special and unique for each family and as stress free as possible

WeeHands

American Sign Language is taught as well as 15 songs to sing to and with your baby. Language strategies appropriate for newborn to walkers. Long before your child can speak they have the ability to understand speech and want to communicate. Most babies are able to sign back to you by the time they are 8-12 months of age.

Baby Itsy Bitsy Yoga

BIBY is for babies 6 weeks to almost crawling. It is yoga for your baby, which may help your baby sleep longer and better. This yoga is a fun and developmentally-centered program for young children and their caregivers.

BIBY is a calming and nurturing yoga practice filled with ways to enhance bonding and makes babies happier and more comfortable in their own bodies. No yoga experience necessary.

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