

destination maternity™

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

Schedule of Events

July 2009

**Pre -Registration is required for all classes and is available by using the phone at
Destination Maternity's Juice Bar or calling
The Center for Women, Children & Family Education at 201.291.6151.**

Mondays:

10:30 – 11:30 AM Toddler Yoga

12:00 -1:00 PM Baby and Me Yoga

July 20, 27, August 3, 10

6:30 – 9:00 PM The Ultimate Birthing Experience

Tuesdays:

10:30 - 11:30 AM Prenatal Yoga

7:30 - 8:30 PM Prenatal Yoga

Wednesday:

July 8th

6:00-7:00 PM What is Cord Blood Banking?

7:30 – 8:30 PM Women's Health Yoga

Thursdays:

10:30 – 11:30 AM Prenatal Yoga

June 16th

12:00 – 1:30 PM Birth, Baby & Beyond Luncheon *(This event is held at the Kraft Center.)*

Reviving the Post-Partum Body

Saturdays:

10:30 - 11:30 AM Prenatal Yoga

July 18th & 25th

12:00 – 5:00 PM The Ultimate Birthing Experience



*Destination Maternity has partnered with The Valley Hospital to
offer Parent Education classes and physician lectures at its Paramus location*

65 E State Rte 4
Paramus, NJ 07652
(35 Plaza on Westbound Route 4)

destinationmaternity.com

Classes offered in Partnership with The Valley Hospital 2006

Please call The Center for Women, Children & Family Education at 201-291-6151 for more information and to register.

The Ultimate Birthing Experience

No matter how your baby arrives-natural delivery, Caesarean section, induction-the birth of your baby should be an incredible experience. It is important that you clearly understand the healthcare decisions you will face as you prepare for birth. This class will give you the tools you need to separate health news from “hype” so you can make healthcare decisions that fit your needs and birth preferences. Bring your support person: you don’t want to miss this class! To ensure a spot in the class, please enroll by your 30th week of pregnancy.

Weeknight classes, 4 consecutive Mondays, 6:30 to 9 p.m. (\$175 per couple)

Weekend classes, 2 consecutive Saturdays, 12 to 5 p.m. (\$200 per couple)

Prenatal Yoga: 5 class series (\$85), 10 class series (\$150), 15 class series (\$225)

Yoga can help you prepare physically, mentally and emotionally for giving birth and becoming a mother. Moms-to-be are led through a wide range of poses adapted for the ever-changing pregnant body, preparing her for labor and motherhood, as well as helping to alleviate some of the associated discomforts of pregnancy.

Baby & Me Yoga: 5 class series (\$85), 10 class series (\$150), 15 class series (\$225)

This yoga class for mothers and their babies, approximately 6 weeks to 1 year of age, is both challenging and relaxing. It helps women regain strength, as well as adapt and grow in their new role as mother.

Toddler Yoga: 5 class series (\$85)

Using yoga poses, this amusing and active class encourages your toddler’s explorations of the environment around them, all while having you by their side. Lay the foundation for a healthy lifestyle and have fun together.

Women’s Health Yoga: 5 class series (\$85), 10 class series (\$150), 15 class series (\$225)

Practice the science and art of self-illumination through yoga. This yoga class addresses the specific needs of a woman’s physiology and can promote your physical, mental, and spiritual health. For non-pregnant women of all ages.

What is Cord Blood Banking? : 2nd Wednesday of every month, 6-7 p.m. (\$10)

This one-session class will discuss the topic of cord blood banking which is the collection and storage of the stem cells found in your newborn’s umbilical cord. Today, cord blood stem cells have been used successfully in the treatment of over 70 life-threatening diseases. When you bank your baby’s cord blood, you are making a choice that could potentially provide a lifesaving treatment for your child or a family member. There is only one chance to collect your child’s cord blood, find out if it is right for your family.

Birth, Baby & Beyond Luncheon: one Thursday afternoon a month (\$30) (held at the Kraft Center)
Reviving the Post-Partum Body –Learn the importance of proper body alignment to good health during your pregnancy and recovery from birth.

65 E State Rte 4
Paramus, NJ 07652
(35 Plaza on Westbound Route 4)
201-843-5895