

destination maternity™

Schedule of Events February 2012

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

Pre-Registration is required for all classes and is available by using the **Phone at the Juice Bar** or calling **The Center for Women, Children & Family Education** at **201.291.6151**.
For more information, visit <http://www.valleyhealth.com/SupportPrograms.aspx?id=>

Mondays

10:30 AM Toddler Yoga
12:00 PM Baby and Me Yoga

Tuesdays

10:30 AM Prenatal Yoga
February 14
6:00-7:00 PM What is Cord Blood Banking?
7:30 PM Prenatal Yoga

Wednesdays

7:30 PM Women's Health Yoga

Fridays

10:30 AM Prenatal Yoga
February 3 & 10
12:00 PM Infant Massage

Saturdays

10:30 AM Prenatal Yoga
January 28 & February 4
12:00 -5:00 PM The Ultimate Birthing Experience

February 11
12:00 PM Valentine's Day Celebration
Couples Yoga – Registration Required



Destination Maternity has partnered with The Valley Hospital to offer classes and lectures at its Paramus location.

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

PARENT EDUCATION CLASSES

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

Valentine's Day Celebration

Treat yourself to a complimentary Partner Yoga Class with your Valentine in the learning studio. Please call the store for more details. Registration is recommended.

Prenatal Couples Yoga

Celebrate Valentine's Day with a special class designed to enhance the bond with your partner and your unborn baby. You'll begin by focusing on your breath, the breath of your partner and its' connection to you baby. From there breath and movement flow together, shifting into simple yoga postures appropriate for all levels of experience, utilizing weight share and partner support. Some of the postures you'll practice can be used during labor.

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.

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

Prenatal Yoga: 5 class series (\$100); 10 - (\$180); 15 - (\$255); 20 - (\$320)

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 (\$100); 10 - (\$180); 15 - (\$255); 20 - (\$320)

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 (\$100); 10 - (\$180); 15 - (\$255); 20 - (\$320)

Practice yoga with your toddler in this amusing and active class exploring the environment around you, making animal shapes and funny sounds. Lay the foundation for a healthy lifestyle and have fun together.

Women's Health Yoga: 5 class series (\$100); 10 - (\$180); 15 - (\$255); 20 - (\$320)

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., no fee

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.

Infant Massage: 4 class series (\$100)

Infant touch and massage has become recognized as a powerful means to promote infant development, attachment with caregivers, and a multitude of physiological and emotional benefits. The approach is empowering and has the ability to create great benefits for both parents and baby. Learn massage techniques in 4-week class that you can incorporate into your healthy routine.



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