

# destination maternity™

## Schedule of Events

September 2011

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

### **Mondays**

5:30 PM – 6:30 PM Prenatal Yoga

### **Tuesdays**

10:15 AM – 11:15 AM Prenatal Yoga

11:30 AM – 12:30 PM Mommy & Me

### **Wednesdays**

5:30 PM – 6:50 PM Prenatal Yoga +

### **Thursdays**

10:15 AM – 11:35 AM Prenatal Yoga +

### **Saturdays**

10:15 AM – 11:15 AM Prenatal Yoga

### **Special Events:**

Saturday, September 3rd  
11:30 AM – 12:50 PM Partner Yoga

Saturday, September 10th  
12:30 AM – 1:30 PM CPR  
2:00 PM – 4:00 PM Pregnancy 101

Tuesday, September 13th  
6:00 PM – 7:30 PM Smooth Transitions:  
Easier Pregnancy, Birth and Beyond

Saturday, September 17th  
2:00 PM – 3:30 PM Nutrition Workshop

Tuesday, September 20th  
6:00 PM – 7:00 PM Breastfeeding 101

Friday, September 23rd  
7:00 PM – 8:00 PM Movie night featuring: Laboring Under an Illusion

Saturday, September 24th  
11:30 AM – 12:50 PM Partner Yoga

Please note class times/dates are subject to change, contact the store for information & to register

9802 Colonnade Blvd., San Antonio, TX 78230  
210.694.4692

## Class Descriptions

### **Prenatal Yoga**

Relaxing exercise in gentle yoga postures will increase flexibility, strength and circulation. It will balance the mind-body-spirit connection for expecting moms. Certified prenatal yoga instructor's guide you through beginner movements and techniques to encourage proper alignment.

### **Prenatal Yoga + (Calm Birth)**

A slightly longer prenatal yoga class. We will learn some breathing/relaxation techniques that will help you to stay relaxed during pregnancy and birth. Reducing stress will reduce catecholamine in the body and decrease intensity of contractions, thus reducing pain. These methods have been proven to reduce anxiety levels and lower blood pressure.

### **Partner Yoga**

Bring a partner to this fun and informative class. We will support each other in postures that balance and open the hips as well as strengthen the body. We will also introduce some comfort measures that can be practiced in late pregnancy and throughout labor.

### **Mommy & Me**

This class is designed for new moms and babies up to crawling. Simple yoga techniques are taught for balance, core strength, and realigning spine elements. Critical to getting fit after baby! No prior experience necessary, however, students must receive doctor's approval for exercise.

### **Infant and Child CPR**

Join JumpStart CPR Founder, Mario Aguilar for this two-hour basic life support class. You'll learn how to recognize choking as well as how to perform critical CPR in order to increase the chance of survival. An important, not to be missed, class for all expectant parents, or for those with little ones!

### **Pregnancy 101**

During this fun and information packed class you will learn about: normal physiological changes during each stage of pregnancy, exercises that will ease the discomforts of pregnancy, the different childbirth methods available, what to eat and what to avoid during pregnancy to ensure a healthy baby and much more. This class is perfect for women during their first two trimesters of pregnancy and partners are encouraged to attend.

### **Pets and Babies**

If your pet has been the center of attention at your house, there are some things you can do to prepare them for the baby's arrival. In this one-hour plus class, learn what you can do to prepare your pet for the big day and beyond. Concerned members of the family should join the expectant parents to have any concerns addressed. Help your pet and baby become friends in this class.

### **Breastfeeding Basics**

Give your baby a healthy start in life by breastfeeding! Learning to nurse takes time, practice and patience. Joi Brock, licensed midwife and Childbirth Educator speaks to expecting mothers and their partners about the benefits of nursing, and offers tips for success. This class promotes confidence in mothers and families.

### **Birth Movie/Documentary Night**

The Bradley Method Teachers of San Antonio are hosting a monthly Birth Movie/Documentary night. A variety of wonderful documentaries have been produced in the last few years that focus on birth options and the maternity system in the U.S. You'll be amazed at what you'll learn from these informative films. Check the schedule to find out which film will be shown and since space is limited, registration for the film is required.

### **Mommy Time**

Join Anne Wright, labor and postpartum doula to discuss what to expect in pregnancy and beyond. She will introduce some of products that are on the market to discuss their benefits and how to use them.

### **Nutrition Workshop**

The nutrition workshop is led by Rossella Rossi; mother, yoga teacher and certified health and nutrition coach. Rossella will discuss what to eat during pregnancy and breastfeeding. The food choices that you make during this time can determine your child's food preferences, IQ and mood.

### **Smooth Transitions**

A short class filled with tips and tricks to make this exciting transition into parenthood smoother and easier. Learn simple ways to care for yourself, about pregnancy and childbirth options, as well as great ways to help yourself after welcoming baby. You will learn about which indispensable products that we offer that can help you overcome aches, pains and anxiety.