

destination maternity™

Schedule of Events February 2012

Tuesdays:

10:30-11:30am

Prenatal Yoga

Register by calling 480-515-9642

12:00 – 1:00pm

Mommy & Me Yoga

Register by calling 480-515-9642

6:00 – 8:30pm

Hypnobrithing (5 wk series)

Register by calling 312-399-9552

Saturdays:

10:15-11:15am

Prenatal Yoga

Register by calling 480-515-9642

February 11

1:30 – 2:30pm

Valentine's Day Celebration

Couples Massage Class (FREE)

Chauncey Ranch
18560 North Scottsdale Rd, Phoenix, AZ 85054
480.563.3437

Class Descriptions

Valentines Day Celebration

Treat yourself to a complimentary Couples Massage Class with your Valentine in the learning studio. Please call the store for more details and to sign up.

Couples Massage Class (FREE)

Have you been searching for a workshop for Couples Massage that will nourish the heart, mind, soul and body of you and your significant other? We invite you to come and explore new ways to give nurturing intentional touch to your partner. This class is designed to help you and your partner share the therapeutic stress free benefits of massage with each other. This is one class that you will both be glad you took the time to take. Partners will learn to do a complete RELAXING, stress-reducing massage. Lesson will consist of instruction, demonstration and LOTS of hands on practice. Areas of the body we will focus on are neck, shoulders, back, buttocks, legs, feet, arms, hands, scalp and face. Wear loose-fitting, comfortable clothing and bring two pillows for the class. Mats will be provided. Hosted by Virginia Ruiz- Licensed Massage Therapist and Tara Radoian- Licensed Esthetician; Edamame Spa

Prenatal Yoga (5 class pack \$75.00/10 class pack \$140.00)

Within each Prenatal class we will practice the art of relaxation through breath awareness, reduce physical tension, and safely prepare for labor. This is a great way to stay flexible and relaxed while you nurture you and your baby. Postures are modified so there is no compression on the belly. All levels welcome. 60 minute class.

Mommy & Me Yoga (5 class pack \$75.00/10 class pack \$140.00)

In a supportive environment with other moms (dads welcome), work gently to regain abdominal tone and body strength while addressing pain in the shoulders, back and pelvis. All levels welcome. 60 minute class.

HypnoBirthing® Classes (\$300) (20% off for Destination Maternity Customers)

HypnoBirthing® childbirth classes will guide you through the philosophy and techniques of normal, gentle and peaceful birthing. You and your birthing companion will learn to use deep relaxation, guided visualization and special breathing techniques that can help to bring about a shorter, easier and more joyful birthing, free of harmful drugs for you and your baby. You will birth your baby in a more comfortable manner, awake, alert and fully in control. Relaxation techniques will help you to eliminate fear, tension and pain. HypnoBirthing childbirth education consists of a series of five, 2 ½ hour classes that are taught over a five-week period.

During this five-week course you will learn: How our emotions and thoughts can negatively affect our body and birthing; How women's bodies are designed for natural, trouble free birthing; What causes pain during labor and how to alleviate/eliminate it; How to prepare your mind and body for your desired birthing; How to avoid artificial induction, episiotomy, and surgical birth; How to achieve deep levels of relaxation; How to prepare your Birth Plan; How to interact with your pre-born baby; How to tap into your body's natural pain relievers; How to gently breathe your baby down for birthing, avoiding forceful pushing; How to maximize bonding before, during, and after birth; How the Birthing Companion assists with relaxation and becomes an advocate for Mom and Baby

HypnoBirthing® is a benefit at any stage of pregnancy; it is recommended that classes be taken anytime after the first trimester or close to the second trimester. It is never too late to learn, so even a late introduction is highly beneficial. HypnoBirthing is also perfect for the VBAC Mom.

Course Includes: Personalized training with a Certified HypnoBirthing® Practitioner and HypnoBirthing Mom; The book HypnoBirthing® - The Mongan Method, by Marie Mongan; Birthing Affirmation and Rainbow Relaxation audio CD; Relaxation and Birth Rehearsal Imagery CD; Phone consultations and follow-up; Multiple informational handouts.

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