

# destination maternity™

## Schedule of Events

December 2009

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

Mondays 10:15 – 11:15AM	<b>CORE/ABS POSTNATAL CLASS</b> with Kathy Roe (pre-crawling babies welcome, \$12 or Class Pass)
6:45 – 7:45PM	<b>PRENATAL YOGA</b> with Michelle Wenis (\$12 or Class Pass)
Tuesdays 6:30 – 7:30PM	<b>PRENATAL BELLY DANCING</b> with Kristi Liotta (\$12 or Class Pass)
Wednesdays 6:30 – 8:30 PM	<b>BRADLEY METHOD® CHILDBIRTH</b> w/ Green Woman Yoga & Childbirth, LLC Erich and Michelle Wenis (\$250 for 12 Weeks) – Next session begins January 2010
Fridays 11:00– 11:45AM 12:00 – 1:00PM	<b>POSTNATAL YOGA</b> with Jessica Outlaw (pre-crawling babies welcome, \$12 or Class Pass) <b>LUNCH BREAK PRENATAL YOGA</b> with Jessica Outlaw (\$12 or Class Pass)
Saturdays 10:15 – 11:15AM 11:30AM – 12:30 PM	<b>INTERACTIVE BABY &amp; ME YOGA</b> with Michelle Wenis (\$12 or Class Pass) <b>PRENATAL YOGA</b> with Michelle Wenis (\$12 or Class Pass)

#### Special Events:

Thursday December 3 6:30 – 7:30PM	<b>Healthy Moms and Healthy Babies!</b> Join Naturopathic Doctor, Deb Bossio, for an in depth discussion of prenatal nutrition and healthy food for babies. Learn what to eat during pregnancy to give your growing baby the best start possible, food introduction schedules for babies, common food allergens/sensitivities to avoid, and dietary guidelines for the first months postpartum to help prevent colic. She will talk about making homemade baby foods and how to incorporate this into the busy life of a new mom! Free. <a href="http://www.drdebossio.com">www.drdebossio.com</a> THIS EVENT IS COMPLIMENTARY.
Saturday December 5 11:15AM – 12:15PM	<b>BABYWEARING DEMO – HOW IN THE WORLD?</b> Join Holistic Moms Network Leader Dawn Allen as she explains the bonding benefits to mom and baby in this new baby and toddler wearing phenomena! She will bring and demonstrate how to wear <b>Ring Slings, the Pouch, the Mai Tai, a Wrap and Soft Structured Carriers</b> . Please contact Dawn for further details 888 2575. (\$12 or Class Pass)
Saturday December 5 1:00 – 3:00PM Saturday December 12 1:00 – 3:00PM (TWO SESSIONS)	<b>CHILDBIRTH REFRESHER w/ Bradley Instructors Erich and Michelle Wenis</b> This is NOT a Bradley class but is geared towards reviewing natural comfort measures, more holistic approaches towards low risk pregnancy, the importance of proper nutrition, pregnancy specific exercises, education of the birth support person(s) to be a TRUE support during pregnancy, labor and beyond. We will also touch on the importance and benefits of breastfeeding, challenges and support systems for the postnatal period. For questions contact Michelle 203 797 8972 <a href="mailto:mwenis@greenwomanyc.com">mwenis@greenwomanyc.com</a> <a href="http://www.greenwomanyc.com">www.greenwomanyc.com</a> . Two, 2 hour session \$75/session. A minimum of 4 couples is required.
Sunday December 6 11:30AM – 12:30PM	<b>BREASTFEEDING Q&amp;A</b> – Chrys Prip, La Leche League Leader, is available to answer questions and offer more information on the importance of breastfeeding support, the common victories and challenges many women face. Please contact Chrys directly for questions <a href="mailto:chrysprip@sbcglobal.net">chrysprip@sbcglobal.net</a> . (\$12 or Class Pass)
Saturday, December 19 11:45AM – 12:45PM	<b>HOW TO ESTABLISH &amp; MAINTAIN HEALTHY SLEEP HABITS IN OUR CHILDREN</b> – Deborah Pedrick of Family Sleep addresses questions like: How much sleep do our babies and children need? How does the need for sleep change as we grow? How do we define "sleeping through the night"? How to create a schedule which complements your baby's biological rhythms and lot's more. (\$12 or Class Pass) Contact Deb for more information 203-559-4674 or email me at <a href="mailto:familysleep@gmail.com">familysleep@gmail.com</a> .
12:45 – 1:45PM	<b>PARTNER YOGA CLASS FOR THE EXPECTING COUPLE</b> with Jessica Outlaw. Enjoy connecting with your partner in this fun class. Supported yoga postures encourage couples to share weight, focus, balance and breath. No experience necessary. All levels welcome. <a href="mailto:jessicaoutlaw@hotmail.com">jessicaoutlaw@hotmail.com</a> or <a href="http://www.yogaoutlaw.com">www.yogaoutlaw.com</a> . (\$12 or Class Pass)
Saturday December 19 11:15 – 11:45AM	<b>EAR INFECTIONS &amp; OTHER COMMON CHILDHOOD ILLNESSES</b> Join Dr. Brian Applebee, Family Chiropractic Physician as he removes the mystery of how to prevent and minimize ear infections and other common childhood illnesses. For more details contact Dr. Applebee 203 791 2227. THIS EVENT IS COMPLIMENTARY.

SAVE ON FITNESS CLASSES WITH A CLASS PASS! 10 FOR \$100 OR DROP IN \$12 PER CLASS, UNLESS OTHERWISE NOTED!  
Independent Instructors are responsible for all classes taught in the learning studios. Class attendance involves a release Agreement. To sign up for a yoga class please call the store directly 203.739.0473. For special events, please contact the instructor directly.

15 Backus Avenue Danbury, CT 06810  
203.739.0473

[destinationmaternity.com](http://destinationmaternity.com)

## CLASS DESCRIPTIONS

### PRENATAL CLASSES

#### **The Bradley Method®**

The Bradley Method of Natural Childbirth® prepares you and your husband/partner to have an optimal low risk pregnancy and the best possible birth experience you can have. Over 12 weeks, you are informed in prenatal nutrition, mental/emotional/physical relaxation techniques, prenatal exercise, medical and holistic alternatives through pregnancy and labor and how to best communicate your concerns and preferences with your birth team and birth place. Your partner also learns tangible hands on comfort measures for you through pregnancy, labor and beyond so you can both experience bringing this baby into your growing family with the goals of Healthy Baby, Healthy Mom and Healthy Family.

#### **Interactive Baby & Me Yoga (six weeks through crawling)**

You love your baby and spending every wonderful moment together! But where does that leave you those moments you feel worn out and isolated? Why not take a class together where you can both do yoga postures designed for Mom, for baby and for the both of you together? Nurturing yourselves with stretching, strengthening exercises doesn't have to wait or be done alone! And you both might just meet the best play date friends ever!

#### **CPR for Infants, Children & Adults – Get Certified**

In this relaxed three hour course, you will learn how to recognize an infant, child, adult in distress and be able to respond and perform lifesaving skills. Learn when to call 911, how to perform CPR and relieve choking. Class is taught by an American Heart Association instructor who teaches to lay persons and medical professionals.

#### **Prenatal Bellydancing**

Bellydancing has its roots in rituals that honor women, pregnancy and birth. Classes will allow students to learn and explore this ancient dance. Bellydancing encourages you to embrace your changing body, increase muscle tone, and decrease back pains. You will also learn to use your dance in your labor and birth.

#### **Prenatal Yoga**

Regular exercise and prenatal exercise are not the same. Our focus in prenatal yoga is to open up your hips, strengthen your legs, back and keep your abs safely toned for a prepared birthing body. Over the weeks or months ahead you can find balance between your thoughts, emotions and body through the breath while strengthening it for birth and a faster recovery. It is also very positive to commune with other pregnant mothers.

### POSTNATAL CLASSES

#### **Core/Abs Postnatal Yoga**

How long do you need to wait to regain your energy and work on your wonderful body again? Not long at all. Take care of yourself again! Re-shape and define your body after pregnancy in a terrific class that will work your abs and core.

#### **Postnatal Yoga**

We love our babies so much! We hug them, hold them, carry them, feed them as our own bodies start to tighten up and seem to fall apart. Baby needs a strong and happy Mom more than anything in the world. Gain a much deserved hour for yourself while you rebuild your flexibility and strength.



With a new baby arriving there are tons of things that will need to be done. Don't let yourself forget about college savings. The Futuretrust program can help turn your everyday spending into college savings. Learn how to save for your child's future when you buy gas, groceries, clothes and more.

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