

destination maternity™

Schedule of Events December 2009

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

Tuesday's

10:15 AM – 11:15 AM

Prenatal Yoga

11:30 AM – 12:30 PM

Mummy & Me

5:30 PM – 6:30 PM

Prenatal Yoga

Thursday's

10:15 AM – 11:45 AM

Prenatal Yoga – Deepening the Practice

5:30 PM – 6:30 PM

Prenatal Yoga

Friday's

11:15 AM – 12:15 PM

Empowerment Yoga

Saturday's

10:30 AM – 11:30 AM

Prenatal Yoga

Special Events:

Saturday, December 12th

11:45 AM – 12:45 PM

Partner Yoga

1:30 PM - 3:30 PM

Empowerment Birthing Workshop

Sunday, December 13th

2:00 PM – 3:00 PM

Pregnancy 101

Friday, December 18th

6:00 PM – 8:00 PM

Pets and Babies

**There will be no classes on December 24, 25, 26th and 31st

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

Class Descriptions

Prenatal Yoga

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

Prenatal Yoga – Deepening the Practice

A slightly longer Prenatal Yoga class allowing more emphasis on the asanas (postures) and breathing. Also beginning to introduce some meditation and conscious visualization techniques.

Em"power"ment Yoga

Be prepared to empower your body, mind and spirit during this hour of yoga postures designed to tone and prepare the body for pregnancy and delivery. Stay fit with prenatal yoga postures that build and encourage strength, stability and stamina. Class features positive thoughts and energy, breathing & meditation designed just for you!

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.

Partner Yoga: Sharing the Experience

Share in the power of yoga while strengthening your relationship through eye contact, meditation, breath & touch to foster closeness during pregnancy. Learn techniques to cope with some of the common discomforts of pregnancy and labor.

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!

HypnoBirthing

Is a technique for achieving a satisfying, relaxing and stress-free method of birthing. This amazing program teaches you and your partner the art and joy of experiencing birth in a more comfortable manner. HypnoBirthing will teach you the art of using your own natural birthing instincts. You will not be in a trance or deep state – you will be aware and fully in control, but profoundly relaxed.

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. Joanna Mata ICCE, IBCLC, 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.

Empowerment Birthing Workshop

Join Salli Gonzalez, LM,CPM to learn tools for achieving a proactive birthing experience. Her workshop will educate and inspire you and give you the tools for getting the birth you want. We will discuss: exercise, nutrition, positioning for labor, active relaxation, bonding, breastfeeding and postpartum care.



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.