



Have your cake and eat it too with a custom cake created especially for you by Bride & Baby.

providing people in Windsor and Essex County a one-stop shop with regards to planning and executing a memorable celebration.

By combining their skills and years of experience in event planning, decor and retail fields they were certain they could assist clients in alleviating the stress that is generally associated with planning any event.

Services Available: Bride & Baby works

with clients planning both weddings and baby related celebrations. All event planning decor and cakes are provided in house on a client-by-client basis.

There is no minimum or maximum guest count requirement. They are a budget friendly business. A la carte and package pricing is available for all services. Multi-service discounts apply to aid their clients in taking advantage of all of their services.

"The ability to work with professionals in the field of event planning means the client can be certain no detail is overlooked," Gretzky says. "Whether booking a complete event planning package or single services such as custom cakes or décor each client will benefit from our experience."

The option to contract several services from one provider simplifies the planning process as well as allows for a money saving option.

Every event and service is carried out with at least one of the owners over seeing it.

Did You Know? Bride & Baby carries an exclusive line of custom shopping cart and high chair covers.

"Samsee" shopping cart covers protect babies and toddlers from coming in contact with the numerous germs and viruses they are exposed to while in a

shopping cart or restaurant highchair. They also carry accessories, photo props (costumes) and custom jewellery.

Name: MINDFUL MAMAS YOGA

Address: Various studios around Windsor

Website: www.mindfulmamasyoga.com

History: Founder and Yoga Teacher Laurel Hicks was teaching yoga about five years ago when her sister became pregnant for the first time. She was living in Toronto and taking prenatal yoga classes and loving them.

"This got me thinking that there were not any prenatal yoga classes in the Windsor area," Hicks says. "I signed up for training and began teaching them soon after."

The business expanded from one class a week to three prenatal classes and a mom & baby yoga class.

From there, she decided to become a Doula (Birth Support Coach) and help women achieve natural childbirth. This year, she began teaching a training class for other yoga teachers and prenatal professionals to learn how to teach prenatal yoga.

Services Available: Hicks offers prenatal and mama & baby yoga classes in six week sessions. The prenatal classes are modified to accommodate the changing body of a pregnant woman.

As a baby grows inside the womb, balance and mobility may change. The class focuses on what the

mother-to-be needs. Hicks includes a lot of poses to relieve stress in the back as well as increase flexibility of the pelvis.

She incorporates pelvic floor exercises to ensure their body recovers well from pregnancy. There is

also a mental aspect to the class.

"Many pregnant women have a lot to think about," Hicks says. "Many women report their thoughts to be racing as well as feeling scared about childbirth. In the Mindful Mamas Yoga class, I empower the women to know that they are strong and remind them that their body is growing their baby without them even thinking about it."



Laurel Hicks offers prenatal yoga classes at studios around Windsor that teach expectant women useful relaxation techniques and exercises.

Hicks says there are often women in the class who have never done yoga before. She gets women in her classes who are seven to 40 weeks pregnant.

"It is never too late to begin!" she says.

Hicks is also coming out with a prenatal yoga DVD soon. It is expected to be released January 2012.

Did You Know? There are many benefits of yoga in pregnancy.

Women taking yoga classes report sleeping better, a reduction in aches and pains and some also say they would never have been able to have a natural birth without learning the relaxation and visualization techniques taught in prenatal yoga.

Hicks adds that the exercises are meant to help increase flexibility in the pelvis which can allow for an easier birth. She often hears that many OB-GYNs and midwives encourage their clients to practice yoga during pregnancy.

Name: PRECIOUS PEEKS 3D/4D FETAL ULTRASOUND

Address: 3055 Dougall Avenue, Windsor

Website: www.preciouspeeks.ca

History: Precious Peeks first opened its doors for operation in August 2007.

"We had seen online that the closest 3D ultrasound clinic in Canada was in Cambridge, Ontario," Office Manager Danielle Fillion says. "We wanted to provide the people of Windsor the opportunity to experience seeing their unborn child in a unique and rewarding manner."

From seeing 3D ultrasounds firsthand, they knew Windsor residents would find enjoyment with the imaging service without having to travel too far away.

Products Available: A 2D ultrasound is the traditional black and white ultrasound where sounds waves are being sent straight down from a single point and reflected back so it looks like a flat image.

The 3D ultrasound adds depth to a 2D image by sending sounds waves from different angles. The machine also adds a sepia colour to the images to bring out the contrast and detail.

This gives the parents the opportunity to "see" a more realistic image of what the baby will look like as opposed to an outline image or black/white picture.

The 4D is adding real time to a 2D or 3D image. It is considered "movement." This is when you see the baby moving on the screen. ▶


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