



The Health Advantage

YOGA CENTER

1041 Sterling Rd., Suite 202 • Herndon, VA 20170 • 703-435-1571 • Fax 703-435-1572 • www.healthadvantageyoga.com

SPRING SESSION 2013 — Classes Begin April 1

Workshops

YOGA AND OSTEOPOROSIS with Annette

Sunday, April 7: 1:00-3:00 p.m., \$30

Take an active role in improving your bone health. This workshop will show you how to practice if you have osteoporosis, osteopenia, or low bone density. We will discuss what is happening to your bones as you age, cover suggested modifications to poses, and identify poses that are beneficial for bone strength as well as poses you should avoid. Annette will then lead you through a sample practice. 2 CEUs.

KARMA YOGA EVENT FOR CAREGIVERS with Kathy and Pat P.

Sunday, April 14: 1:00-3:00 p.m.

All proceeds benefit the Make-A-Wish Foundation www.wish.org

Although caregiving can be rewarding for many, it is undeniably stressful too. Quite naturally, when someone you love needs help, you are there, however, with additional responsibility there is a cost. In the role of caregiver, there is a need to balance mental and physical health while fulfilling the job of caring for another. Please join us for an all levels class designed to replenish and restore the energy of compassion for yourself and others. In our class we will use yoga techniques to reduce stress, improve coordination, flexibility, concentration, sleep and facilitate better digestion. 2 CEUs.

MOON SALUTATION WORKSHOP with Jennifer Z.

Saturday, April 27: 1:00-3:00 p.m., \$30

Discover the cooling and calming effects of Moon Salutation. Also known as Chandra Namaskar, Moon Salutations are a soothing yet empowering variation and counterbalance to classical Sun Salutations (Surya Namaskar). Moon Salutations can shift energy without increasing heat in the body and tend to be less stimulating than Sun Salutations, thereby steadying hot emotions, relaxing, calming and balancing the mind and body.

EXPLORING SOMATIC YOGA with Pat P.

Saturday, May 11: 1:00-5:00 p.m., \$60

Somatic Yoga is a holistic body-centered practice designed to assist people in integrating and transforming self. A key component is retraining the brain towards releasing chronic muscular tension by moving with conscious awareness and by being attentive to the internal sensations. Visualization, meditation, breathing, and relaxation exercises are also important elements. This workshop will focus on the spine, neck and shoulders, and will offer yoga teachers, teacher trainees, and advanced students a basic introduction and the skills needed to add Somatic Yoga to their repertoire. Handouts will be provided. 4 CEUs.

Short Courses

LEARN TO MEDITATE with Janet

Tuesdays: April 2 – May 14: 5:45-7:15 p.m.

Seven weeks: \$112

Would you like to reduce your stress and anxiety, or improve your focus, concentration, sleep, and immune function? Meditation is a training of mental attention that awakens us beyond the conditioned mind and habitual thinking, revealing our true essence. In this course we will work with mantras, mindfulness, and centered presence as well as developing compassion through loving kindness. These techniques will serve as tools to build a meditation practice that is right for you. Each class will begin with gentle movement so you can sit comfortably and end in quiet relaxation. Open to all students. Make-ups and drop-ins welcome.

INTRODUCTORY YOGA SHORT COURSE with Erin

Sundays: May 19 – June 30: 10:45 a.m.-12:15 p.m.

Seven weeks: \$112

Combining elements of both our Gentle Yoga and Yoga 1 classes, this introductory short course is designed for students who are new to yoga. Each class will include basic stretching and strengthening poses, breathing, and relaxation. This is a perfect way to begin a yoga practice for those who missed our initial registration this session. Drop-ins permitted during the first three weeks of this course. Students in this class may make-up in Gentle Yoga 1 classes after June 3. Registration for this short course will begin April 22.

Classes & Information

YOGA 1/BEGINNER is the introductory class for students who are new to Yoga. This class focuses on poses to stretch and strengthen the legs, back, and shoulders. Emphasis is given to the basic alignment of the standing poses.

GENTLE YOGA 1 is designed for those who prefer a class less vigorous than Yoga 1. It includes gentle stretches and breathing as well as simple movements designed to systematically increase the range of motion of every major joint and increase energy. This class is ideal for students with chronic symptoms such as muscle/joint pain, stiffness, weakness, or fatigue.

GENTLE YOGA 2 is a continuation of Gentle Yoga 1, emphasizing the refinement of Gentle Yoga 1 poses and introducing the basic principles of alignment. This class will focus on strengthening the body and adapting poses to protect injured or weak joints. New breathing and relaxation techniques will be introduced as well. This class is more strenuous than Gentle Yoga 1 and students must complete at least two sessions of Gentle Yoga 1 before taking Gentle Yoga 2.

YOGA 1-2 is a continuation class for Yoga 1. The emphasis of this course is on refining and building endurance in Yoga 1 and Yoga 2 standing poses. The basic principles of alignment are presented. This class is suitable for students who have practiced other styles of yoga, but it is not suitable for those who have never studied yoga before.

YOGA 2/ADVANCED BEGINNER focuses on refining the standing poses and learning basic sitting postures, simple back bending poses, and the shoulderstand using the principles of alignment. It is recommended that students complete both Yoga 1 and Yoga 1-2 before taking Yoga 2.

YOGA 2-3 is a combination class. It begins with Yoga 2 poses and moves gradually into Yoga 3 poses, particularly strengthening poses for the upper body in preparation for headstand and handstand. Headstand is the major pose learned in this course. Students should complete at least three sessions of Yoga 2 and be comfortable in Chaturanga and Up Dog before taking Yoga 2-3.

YOGA 3/INTERMEDIATE continues with refinements to poses studied in Yoga 1 and 2 and introduces the forearm balance and full arm balance (handstand). Additional backbend poses are also included. It is recommended that students complete at least three sessions of Level 2 and one session of Level 2-3 before taking Yoga 3.

YOGA 4/ADVANCED is for students who are capable of holding a freestanding headstand, can do a full arm balance (handstand) alone at the wall, and who can push up into Urdhva Dhanurasana (Upward Facing Bow Pose) with

straight arms. Regular practice is expected. Permission of the instructor is required.

ACCESSING YOUR CORE focuses on the powerful and deep muscles in the abdominal region and along the spine. Strengthening these muscles promotes good posture, spinal stability, and may free you from common injuries on and off the mat. Through the use of Pilates exercises and yoga poses this class will build strength, flexibility, and stamina for your yoga practice. Appropriate for students who have completed at least one session of Yoga 2.

LUNCHTIME VINYASA is for those who are looking for an hour of movement in the middle of the day. In this class we will flow from pose to pose tying breath with movement. Open to students who have completed at least two sessions of Yoga 2 or who have previous vinyasa experience.

UNWIND YOUR WEEK Transition into your weekend with this mixed level yoga class where you will practice a variety of poses to strengthen, stretch, and relax. Variations will be offered so all students can work at their own level. This class is a perfect way to end the workweek and start your weekend. Appropriate for students who have completed at least two sessions of Yoga 2.

VINYASA FLOW is a continuous series of postures, movement flows with breath, and creative Sun Salutations, including Sun Salutations A, B, and C. This style of practice is heating and vigorous, and builds strength and stamina quickly in the body. Shoulderstand and inversion preparations are practiced. Recommended for HAYC students who have completed at least two sessions of Yoga 2 and who are steady in standing postures, and for those with vinyasa experience from other styles and schools. No serious physical injuries or limitations.

YIN YOGA is partially based on the Chinese energy system and is designed to bring energetic balance and harmony into our yoga practice and lives. This quiet class focuses on our connective tissues and the protection and health of our joints. Suitable for students who have completed at least one session of Yoga 2.

YOGA FOR JOINT STABILITY Joints allow us to bend, twist, and move into yoga postures, but overstressed and hypermobile joints are vulnerable to wear-and-tear and injury. Creating joint stability by toning and strengthening the supporting muscles and learning safe ranges of motion is as important as the postures themselves. Each week we will focus on a different anatomical area or type of posture. Appropriate for students who have completed at least one session of Yoga 2.

continued on next page

Please do not attend class if you have a contagious condition. HAYC has a flexible make-up policy and we will welcome you back when you have recovered.

Classes (cont.)

YOGA FROM HEAD TO TOE explores preps, warm-ups and poses to enhance, open and improve your yoga poses and home practice. Each week we will focus on different areas of the body (feet, lower legs, knees, hips, core, heart, spine, shoulders, head and neck). Open to students Yoga 2 and above. Handouts will be given as a reference for the home practice. Teachers and teacher trainees will have a comprehensive list to incorporate in class sequences.

YOGA TECHNIQUES is a one hour mixed level course where we explore a different area of the body or class of pose each week. Open to students who have completed at least one session of Yoga 1-2.

PRENATAL YOGA is for pregnant women. This class is designed to help you stay relaxed and healthy throughout pregnancy and to prepare you for delivery. It is fun and appropriate for both new and experienced yoga students. Please obtain your doctor's or midwife's permission in writing before enrolling.

YOGA FOR LI'L KIDS (ages 4-6) encourages younger children to experience yoga. Using yoga postures in games, stories, adventures, and songs, children improve motor skills, flexibility, balance, strength, concentration and self-esteem while having fun. Children will also be introduced to relaxation and breathing techniques. All children must be potty trained.

We regret there is NO CHILDCARE available at the Yoga Center.

YOGA FOR KIDS (ages 7-12) is designed to help children build strength and flexibility, concentration and focus, compassion and self-esteem through the playful practice of yoga postures. Kids will have fun as they improve their posture, motor coordination and balance. Yoga poses will help children cope with the conflicts and stress of a very hectic world. A child who learns yoga will develop skills that will last a lifetime.

TEENS YOGA (ages 13-17) Life can be very busy and stressful for teens these days. This class gives teens the opportunity to participate in a nurturing activity that provides exercise for the total body as well as relaxation techniques that can be used for school, sports, performing arts, sleep improvement, and life skills. Yoga allows teens to find strength and flexibility through practice and patience. Skills developed through yoga will last a lifetime.

MINDFULNESS MEDITATION is an age-old method of centering the mind and relaxing the body. The known health benefits include lower stress levels, improved mood, less emotional reactivity, improved physical health and enhanced ability to cope with chronic pain. We will cover topics such as developing anchors for concentration, learning wise attention without judgment, understanding the barriers to internal peace, increasing self-compassion and relating the practice to daily life. Each class will include instruction, guided practice, and time for questions. There is no set fee since meditation groups traditionally operate by donation. Suggested donation for each class is \$10.

Yoga Center Policies

CLOTHING, EATING, and PROPS: Wear comfortable clothes: t-shirt or tank top, and long shorts, bicycle shorts, tights, or leggings. Please no baggy pants as they mask the alignment of the legs. Remove your shoes before entering the yoga rooms. No perfume or gum. Please do not eat 2-3 hours before class. All props are supplied.

A FREE FIRST CLASS is an opportunity for students new to our yoga center to take a trial class. Please call ahead to ensure space is available. Since our classes are taught progressively, students new to yoga are not permitted to try out a class after the third week of the session. Experienced students who are new to HAYC may take a trial class at any point during the session.

ENTERING A CLASS LATE: If the door to your room is closed, the class has already begun. Please wait to enter until the teacher motions to you after the class finishes centering.

MAKE-UPS: We strongly encourage students to get the full experience of their course by making up any classes missed. Classes cancelled due to inclement weather may be made up during the session. Missed classes can only be made up during the current session at the same level or lower. There is no need to call ahead to take a make-

up class, just come to any appropriate level class and give the instructor your name and regular class. Teen students can make up in Yoga 1 classes if this is their first session of Teens Yoga or in Yoga 1-2 classes if they have taken more than one Teens Yoga class. For information about the short courses, please see page 1.

DROP-IN CLASSES: Drop-ins are allowed for students who are currently enrolled and wish to take an extra class or for students who are not enrolled but have completed an equivalent level of alignment-based yoga. After the first three weeks, drop-ins are not allowed in Gentle Yoga 1, Yoga 1, Teens or Prenatal classes unless the student has previously taken the class and still meets the requirements. No drop-ins are allowed after the third week in the Li'l Kids and Kids classes. Drop-ins are permitted ONLY in classes that are not filled. Please call to confirm there is space. See page 7 for drop-in fees. For information about the short courses, please see page 1.

WEATHER: If classes have to be cancelled due to inclement weather, there will be an announcement on the answering machine one hour before the class is scheduled to begin. If you hear our normal message, we are holding classes as usual.

Spring 2013 Schedule

CLASSES FILL QUICKLY!
Register soon to avoid disappointment

THE HEALTH ADVANTAGE YOGA CENTER

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www.healthadvantageyoga.com • email: yoga@hayc.net

Yoga courses are 13 weeks: April 1 to June 30
The Teens Yoga course is 10 weeks: April 7 to June 9

Kids Courses are 10 weeks: April 5 to June 9
Li'l Kids Yoga course is 10 weeks: April 5 to June 7

Monday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Yoga 1	Pat P.
10:00-11:30 am	Yoga 1-2	Kathy D.
10:00-11:30 am	Yoga 2	Doug
5:45-7:15 pm	Yoga 1	Kelly K.
5:45-7:15 pm	Yoga 1-2	Janet
5:45-7:15 pm	Yoga 2	Mary
5:45-7:15 pm	Vinyasa Flow	Annette
7:30-9:00 pm	Gentle Yoga 1	Kelly K.
7:30-9:00 pm	Yoga 2	Janet
7:30-9:00 pm	Yoga 2-3	Mary
7:30-9:00 pm	Accessing Your Core	Heide

Tuesday

10:00-11:30 am	Gentle Yoga 1	Kelly K.
10:00-11:30 am	Yoga 2	Mary
10:00-11:30 am	Yoga 3	Kathy D.
12:00-1:00 pm	Yoga Techniques	Susan
5:45-7:15 pm	Yoga 2	Kelly K.
5:45-7:15 pm	Yoga 3	Pat P.
5:45-7:15 pm	Yoga 4	Doug
5:45-7:15 pm	Meditation*	Janet
7:30-9:00 pm	Gentle Yoga 2	Kelly K.
7:30-9:00 pm	Yoga 2-3	Pat P.
7:30-9:00 pm	Yoga 3	Doug

Wednesday

10:00-11:30 am	Yoga 1	Susan
10:00-11:30 am	Yoga 1-2	Kelly K.
10:00-11:30 am	Head to Toe Yoga	Pat P.
12:00-1:00 pm	Lunchtime Vinyasa	Annette
5:45-7:15 pm	Gentle Yoga 1	Pat T.
5:45-7:15 pm	Yoga 2	Janet
5:45-7:15 pm	Yoga 3	Susan
7:30-9:00 pm	Yoga 1	Erin
7:30-9:00 pm	Yoga 1-2	Jennifer Z.
7:30-9:00 pm	Yoga 2	Susan

Thursday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Gentle Yoga 2	Kelly K.
10:00-11:30 am	Yoga 2	Kathy D.
10:00-11:30 am	Yoga 3	Kelly C.
10:00-11:45 am	Yoga 4	Susan
5:45-7:15 pm	Yoga 1	Susan
5:45-7:15 pm	Yoga 2	Pat P.
5:45-7:15 pm	Yoga 2-3	Jan
5:45-7:15 pm	Prenatal Yoga	Jennifer B.
7:30-9:00 pm	Yoga 3	Jan
7:30-9:15 pm	Yoga 4	Susan

Friday

10:00-11:30 am	Yin Yoga	Pat P.
4:00-4:45 pm	Li'l Kids Yoga	Mary
5:00-6:15 pm	Kids Yoga	Mary
5:30-7:00 pm	Unwind Your Week	Annette

Saturday

9:00-10:30 am	Yoga 1	Erin
9:00-10:30 am	Yoga 1-2	Dorianne
9:00-10:30 am	Yoga 2-3	Janet
10:45 am-12:15 pm	Gentle Yoga 1	Pat T.
10:45 am-12:15 pm	Yoga 2	Erin
10:45 am-12:15 pm	Yoga 3	Janet

Sunday

9:00-10:30 am	Yoga 2	Angelika
9:00-10:30 am	Yoga 3	Jennifer B.
10:45 am-12:15 pm	Yoga 1	Angelika
10:45 am-12:30 pm	Yoga 4	Jennifer B.
10:45 am-12:15 pm	Intro. Short Course*	Erin
4:00-5:30 pm	Teens Yoga	Pat P.
5:15-6:45 pm	Joint Stability	Erin
5:30-6:45 pm	Kids Yoga	Mary
7:00-8:00 pm	Mindfulness	
	Meditation Group+	Peggy

* Short Courses. Please see page 1 for more information.
+ Donation class.
Classes will be held on all holidays falling within the Spring session.

OFFICE HOURS

Monday through Thursday, 9:00 a.m.-2:00 p.m.
Friday, 10:00 a.m.-noon

Instructors



SUSAN VAN NUYS (E-RYT 500) is the director of The Health Advantage Yoga Center. She has been a yoga practitioner since 1989 and began teaching in 1997. Susan has studied with many world-class teachers, focusing on alignment-based styles. She received a BS degree in computer science and linguistics

from the College of William and Mary and she particularly enjoys applying the logic she learned while programming to the progressive teaching of yoga poses. Susan's approach is warm and clear with an appreciation of individual differences.



JAN BALDI (RYT 200) began studying yoga in 1990. She completed the HAYC Teacher Training Program and has studied with numerous senior yoga teachers. Her primary teacher is John Schumacher who both influences her teaching and inspires her practice. Jan's main focus is to discover how the practice of

yoga can help one maintain an active lifestyle regardless of age. Her teachings concentrate on using the principles of alignment to build and maintain muscle strength, flexibility and mobility in all joints.



JENNIFER BRESEMAN (E-RYT 200) has completed the HAYC Teacher Training Program and Levels 1 & 2 Anusara teacher training. She also draws on her training and experience as a Registered Nurse, including working in Labor and Delivery. She loves to watch the transformative power of yoga as it

unfolds in her life and in the lives of her students.



KELLY CLEVELAND (RYT 200) has studied yoga since 1990. She received her teaching certificate in 1994 and has taught at HAYC since 1996. Kelly has studied many different alignment based yoga styles with numerous experienced teachers over the years. They have helped to shape and deepen her yoga practice

and they inspired her to love the yoga she teaches. Her love for life after breast cancer and other calamities has taught her to appreciate her yoga even more each day. Her goal is to open the hearts of all who are in pain.



PEGGY DIVINCENZO has been a meditator since the early 1980s and since 1998 she has taken multiple trainings, retreats and workshops in the practice of meditation and its application in clinical settings. She is currently training with Tara Brach at the Meditation Teacher Training Institute through the Insight Meditation

Community of Washington.



KATHY DUKE (RYT 500, E-RYT 200) completed the HAYC teacher training program in 2000 and the advanced teacher training at The Himalayan Institute in 2009. Her yoga studies have allowed opportunities to study with many insightful teachers from a variety of

traditions such as Kaustaub Desikachar, Erich Schiffman, and Judith Lasater. In addition, Kathy holds a Personal Training Certification from the American Council on Exercise and is a former ACSM Health Fitness Specialist. She earned a BFA from Virginia Commonwealth University and has worked and volunteered in the health and fitness industry for more than twenty years.



ANNETTE HYDE (RYT 500, E-RYT 200)

Annette began her practice in 1999 and has been teaching since 2001. She graduated from the HAYC Teacher Training Program in 2004 and Asheville Yoga Center's 500-hour Advanced Teacher Training Program in 2012. Doug Keller has been Annette's primary teacher since

2002. She also has studied with Baron Baptiste, Rod Stryker, Seane Corn, David Life and Sharon Gannon. Annette believes yoga is a continuous journey that opens the mind, strengthens the body, and frees the spirit to take on life's opportunities and obstacles.



DORIANNE JACKSON (RYT 200) began her yoga journey at HAYC in 2002 while looking for ways to recover from running injuries.

Gradually she began to appreciate yoga's remarkable ability to help people cope mentally and physically with the demands of modern life and the aging process. She completed the

HAYC Teacher training program in 2012, and she draws on her experiences in class and her years of teaching in the aviation industry to bring the benefits of yoga to others.



DOUG KELLER (E-RYT 500) has a strong background in the alignment based styles of Iyengar and Anusara Yoga, as well as in yoga philosophy and yoga therapy. He is a regular columnist in the internationally renowned magazine Yoga+ and is the author of several books covering all aspects of yoga practice.

He holds a Master's Degree in Philosophy from Fordham University, and travels nationally and internationally, teaching workshops in philosophy and pranayama as well as hatha yoga. And of course he teaches regularly at the HAYC!



KELLY KESSLER (RYT 200) started as a student at HAYC in 1993 and completed the HAYC Teacher Training Program in 1999. She studies therapeutic yoga intensively, drawing upon her own experiences as well as her work as a Neuromuscular Massage Therapist to teach the healing power of yoga to her students.

RYT and E-RYT are registrations with the Yoga Alliance. These registrations represent levels of educational training and teaching experience for yoga teachers. All HAYC teachers have met these standards and are registered with the Yoga Alliance. For more information, please visit the Yoga Alliance website: www.yogaalliance.org

Instructors (cont.)



JANET KIM (RYT 500) began her study and practice of Hatha Yoga in 1972. She has taught yoga since 1987 and completed the HAYC Teacher Training Program in 1995. Janet has studied yoga with Betsey Downing, Tias Little, Desiree Rumbaugh, Rodney Yee, Sarah Powers, and Doug Keller.



PAT PAO (E-RYT 200) began her yoga studies with Betty Roi. She has studied extensively at HAYC since 1998 and has completed the HAYC Teacher Training Program, Radiant Child, Yoga 4 Teens & Yin Yoga Teacher Training programs. She is also a Relax & Renew Trainer. Pat has completed intensive teacher training workshops with Kaustaub Desikachar, Paul Grilley, Anodea Judith, Judith Lasater, Elise Browning Miller, Sarah Powers, Erich Schiffman and Rodney Yee. She is a former professional dancer and ballet teacher. Pat has worked the last 18 years as a movie casting director.



MARY RUBARD (RYT 200) began her study of yoga at HAYC in 1998, and she completed the HAYC Teacher Training Program in 2006. She has also completed the Level I Anusara Teacher Training, the Radiant Child Yoga Program Levels I & II, and Mini Yogis Teacher Training. She continues to expand her knowledge of yoga by attending workshops, classes and teacher trainings. She is also a Massage Therapist and is certified in Thai Yoga Massage. Mary dedicates her teaching to making yoga a joyful experience and to bring calm and balance into her life and the lives of others.



ERIN SCHERGER (RYT 200) began her yoga practice at HAYC in 2005. She completed the HAYC Teacher Training Program in 2010, qualified as an Elise Browning Miller Yoga for Scoliosis Trainer in 2012, and continues to broaden her own studies. Drawing on her past experiences as a competitive figure-skater and childbirth educator, Erin enjoys light-heartedly encouraging others to tune in, find their inner strength, and move mindfully.



ANGELIKA STADEL (E-RYT 200) started her yoga journey in 1996 at HAYC and completed the HAYC Teacher Training Program in 2001. Her main teachers are Susan Van Nuys and Doug Keller. She studied with various senior teachers and trained in India at the Iyengar Institute to deepen her practice and understanding of yoga. In 2010 she completed the training and practicum for “Yoga for Scoliosis” with Elise Miller. Angelika holds a degree in French and German literature and a Masters in Teaching French and English. With her strong teaching background she loves to guide students along the yoga path of self-discovery.



PAT TAYLOR (RYT 200) has completed the HAYC Teacher Training, Mindfulness Yoga and Meditation Training, Relax and Renew Training, and Therapeutic Yoga for Seniors at Duke Integrative Medicine. Pat attends meditation retreats nationally and continues the study of yoga with various teachers who focus on mindfulness and midlife health.



JENNIFER ZOERKLER (RYT 200) began studying Iyengar style yoga at HAYC with Betsey Downing in the early 90s to help manage migraine headaches. Her practice has been growing since 2005 which gave her the motivation to complete the HAYC Teacher Training Program in 2010. She has taught Beginning Yoga, Gentle Yoga and Yoga Shape Up classes since 2009. Jennifer believes that yoga is a great de-stressor for today’s world and a perfect therapy to calm the mind and body, no matter what condition they may be in.



HEIDE ZUFALL (RYT 200) has studied yoga at HAYC since 1995 and completed the HAYC Teacher Training Program in 2010. She is also a certified Pilates instructor, a former modern dancer, and she majored in dance at SUNY Purchase. Her knowledge of Yoga, Pilates and Dance enables her to give students a unique workout experience. Heide also choreographs for many community theater productions and is on staff with Dodgeball Theater.

DIRECTIONS TO HEALTH ADVANTAGE YOGA CENTER

From Reston Parkway: Go to Baron Cameron and turn west toward Herndon. Go 2.0 miles to the light at Sterling Road. Turn right onto Sterling Road and take a left into the parking lot at the back of the office park development.

From the Dulles Toll Road: Take Exit #10, Herndon. Turn toward Herndon onto Centreville Road (which becomes Elden Street) and proceed to the fifth light. Turn left onto Sterling Road and take the first left into the parking lot. The Yoga Center is in the middle of the building facing the trees.

From Route 28: Merge onto Route 606 (Old Ox Road) East. Go 1.9 miles. Just past Barbara Lynn Street and Travelers Street, go right into the parking lot of the office park.

The Health Advantage Yoga Center *Registration*

OFFICE USE ONLY

Date _____
 Check _____
 Charge _____
 Cash _____
 Init _____

YogaReg _____

Check box if this is a new address or phone number. **Please print clearly.**

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone/H (____) _____ Phone/W (____) _____ Phone/C (____) _____
 Email _____

PLEASE LIST EACH CLASS

CLASS 1	Level	Day	Time	Instructor	Fee
	2nd choice if full				
CLASS 2	Level	Day	Time	Instructor	Fee
	2nd choice if full				
WORKSHOPS	Workshop	Day	Time	Instructor	Fee
\$10 Discount per class for seniors 60 and over (for full session only)					
Total Due					

MC/VISA Check Enclosed (Make checks payable to HAYC)
 Card Number _____ Exp. Date _____
 Signature _____

Registration for all students begins on March 4 at 8:00 a.m.

By registering for a class you agree to adhere to our policies stated on page 7 of the brochure.

HAYC does not confirm registrations. You will be contacted only if the class you select is full.

Make checks payable to HAYC
 1041 Sterling Rd., #202
 Herndon, VA 20170

Registration Fees & Cancellation Policies

REGISTRATION: Register for classes and workshops online, in person, or by mail, fax, or phone. Online registration is in real time, is the quickest way to register, and is the best way to ensure a space in your desired class. To register by mail or in person, fill out a registration form and enclose full payment. Phone and fax registrations are accepted with Visa or MasterCard.

WORKSHOPS: Sign up online or fill out a registration form and enclose payment in full. There is a \$5 cancellation fee per workshop. You must cancel at least 7 days prior to the workshop in order to receive a refund unless your spot can be filled from our waiting list.

WAITING LIST: All registrations are subject to space availability. If a class is full, ask to be added to our waiting list. If a space becomes available, you will be called.

LATE REGISTRATION: Late registrations can be accepted on a pro-rated basis, space permitting. Only students with yoga experience are accepted after the third week of the session.

CANCELLATIONS: To cancel your class or workshop, a drop request must be submitted online or a cancellation form must be filled out at HAYC. Refunds are based on the date of the online submission or the cancellation form, not on the date of the last class attended.

REFUNDS are given according to the following schedule: until the second class: 100% refund minus the \$45 administrative fee, \$35 for Teens and Noon classes. After the second class: 70% refund of the class fee, after the third class: 60% of the class fee, after the fourth class: 30% of the class fee. No refunds are given after the fifth class. Refunds are processed in the sixth week of the term. Class fees cannot be transferred to another session.

SHORT COURSES, KIDS, AND LI'L KIDS REFUNDS are given according to the following schedule: until the second class: 75% refund of the class fee. After the second class: 60% refund of the class fee, after the third class: 50% of the class fee. No refunds are given after the 4th class of the term.

CLASS FEES SPRING 2013 SESSION		
Yoga	\$208	13 weeks
Twice weekly	\$390	13 weeks
1st class is \$16/class; 2nd class is \$14/class		
Noon classes	\$182	13 weeks
Teens	\$160	10 weeks
Kids	\$140	10 weeks
Li'l Kids	\$120	10 weeks
DROP IN FEES		
Yoga classes for registered students	\$16	
Yoga classes for unregistered students	\$20	
Noon classes for registered students	\$14	
Noon classes for unregistered students	\$16	
Kids	\$15	
Li'l Kids	\$14	

THE HEALTH ADVANTAGE YOGA CENTER

1041 Sterling Road — Suite 202
Herndon, VA 20170

Return Service Requested

Spring 2013
Begins April 1



PRESORTED
STANDARD
U.S. POSTAGE
PAID
PERMIT NO. 49
WARRENTON VA

Announcing...



HAYC Blog!

We have started a blog! Look under the About Us menu on our website, healthadvantageyoga.com. Our blog has all of the brochure articles since the summer of 2001, and more articles will be added occasionally. Check it at any time or subscribe to receive updates.

First Class FREE to New Students

We offer a free first class to people who have never taken a class at HAYC. This free class can be at whatever level is appropriate. Due to the progressive nature of our courses, students who are new to yoga may only take a free class during the first three weeks of the session. Experienced students who are new to HAYC may take a free class at any point during the session. Please call ahead to make sure space is available.

Yoga Center Notes

- Our short courses and workshops are a great way to try something new. See page 1 for full descriptions.
- There are a limited number of workstudy positions available. If you are interested, please ask for an application at the front desk.
- Private lessons are available. Please call or email for information.
- We need five registered students to hold a session of classes. If the course for which you have registered has fewer than five students, the class may be canceled. You will be notified and we will try to find another class for you.