



The Health Advantage

YOGA CENTER

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

The mission of The Health Advantage Yoga Center is to enhance the health, well-being and unity of body, mind, heart, and spirit through Anusara Yoga and related disciplines.

FALL 2004 HIGHLIGHTS

Workshops:
Philosophy, Teaching Pregnant Students, Reiki, Ball, Breast Cancer Survivors, Yin/Yang, Depression, Yoga Nidra4 & 5

Judith Lasater Workshop10

Sample Classes12

**Classes Begin
September 16**

Intention & Discipline

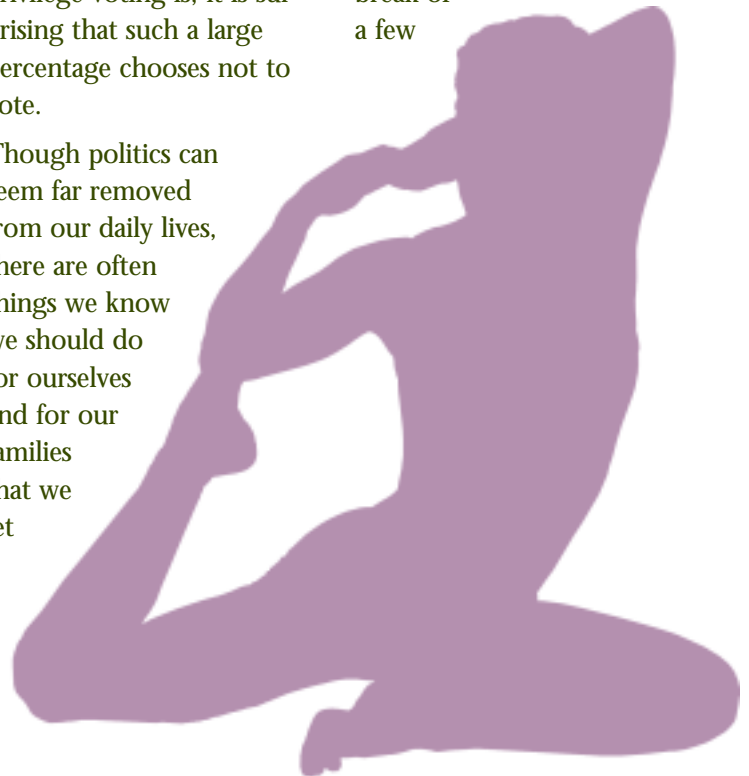
During my sophomore year of college, all students received membership cards in their mailboxes for the Student Apathy Club. The note that came with the card instructed us to return it within two weeks or we would automatically become a member of the club. I have to admit I thought it was a clever idea and kept the card instead of returning it. A few weeks later the student who had originally sent the cards wrote an article in the campus newspaper declaring the Student Apathy Club the largest organization at the school. Evidently, very few students had bothered to return their cards. I am sure some people kept the cards for their novelty as I did, but most threw them away or ignored them. For the rest of the school year there were occasional notices in the student newspaper congratulating the Student Apathy Club whenever a campus event had an especially low turnout.

Though the Student Apathy Club was humorous, it illustrated the indifference many students felt

towards campus events. I was reminded of this indifference after the presidential election in November 2000 when less than 65% of the eligible population voted. One poll reported that one in five of those who did not vote said they did not have the time. When one considers all the countries in the world where free elections do not exist and how hard many Americans such as the suffragettes and those who fought the Jim Crow laws worked to make voting possible for all, this is rather amazing. In light of what a privilege voting is, it is surprising that such a large percentage chooses not to vote.

Though politics can seem far removed from our daily lives, there are often things we know we should do for ourselves and for our families that we let

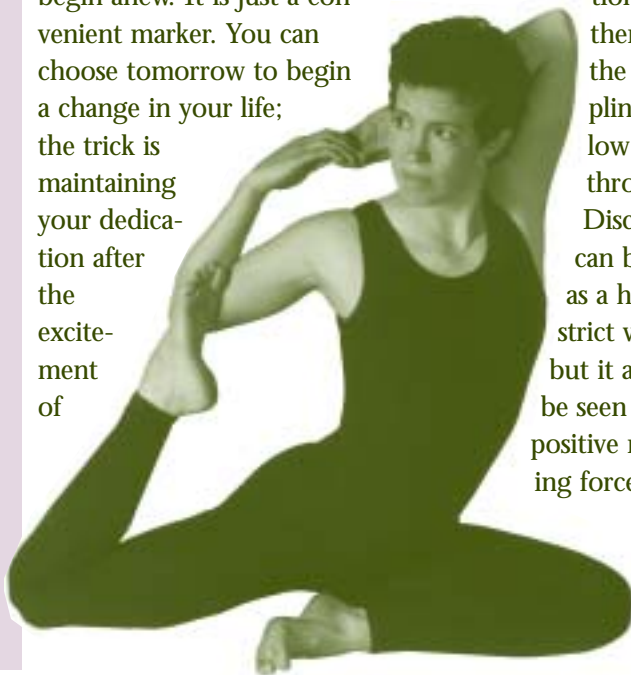
slide. We hear and read almost daily about the benefits of a good diet and regular exercise but, as most of us know, this is hard to follow on a consistent basis. After the winter holidays, the gyms become overcrowded with new members who made resolutions to exercise regularly during the new year. After a month or two, the gyms settle back to their normal pace as people's resolutions fade. I see the same trend in the winter session at HAYC as I talk with new students and students returning after a break of a few



SUSAN VAN NUYS is the director of The Health Advantage Yoga Center. She has been a yoga practitioner since 1989 and is a certified Anusara Yoga Instructor and Registered Yoga Teacher through the Yoga Alliance. Susan has studied with many world-class instructors and has chosen to focus on the Anusara style. She received a BS degree in computer science and linguistics from the College of William and Mary. She particularly enjoys applying the logic she learned while programming computers to the progressive teaching of yoga poses. When not involved with yoga or computers, Susan enjoys hiking, biking and travelling.

months.

Every day is a new day. The sun rose and set long before humans had calendars and though some believe that certain dates are more auspicious than others, the first of January is not the only date to begin anew. It is just a convenient marker. You can choose tomorrow to begin a change in your life; the trick is maintaining your dedication after the excitement of



the initial few weeks.

There are thousands of books and videos about weight loss, exercise and making life changes. Different techniques appeal to different people, but a large part of creating a change is setting an intention and then having the discipline to follow through. Discipline can be seen as a harsh, strict word, but it also can be seen as a positive motivating force.

We have signs on the walls of our yoga rooms that say 'Discipline is Remembering What You Want.' By this definition, discipline can be the result of keeping our intention in mind when we begin to stray from our chosen path.

So, what is important to you? The first step is setting an intention. It may be to take an hour to vote so that your voice is heard, buying a few more vegetables on your next trip to the grocery store, climbing the steps when you normally would take the elevator, or setting time aside for a home yoga practice. It is all just remembering what you want.

Yoga Center Notes

- We are offering a new Gentle Yoga 2 class for students who have taken at least two sessions of Gentle Yoga 1. This class will introduce the Anusara principles, strengthening poses, pose adaptations, new relaxation poses and breathing techniques.
- Welcome to Susie Hellman who joined the HAYC staff this summer. She is the smiling face you will see at the front desk Monday through Thursday mornings.
- We are starting a series of workshops for breast cancer survivors. Jane Hoge, a three time breast cancer survivor, will lead the workshops. These workshops are intended for all levels of yoga experience. Beginners are welcome.
- The Kids and Mixed Level classes are returning to Sundays this fall. Welcome to Nick Bauer who will be teaching the Sunday Mixed Level class this session. Kristina Nguyen is taking a break from teaching this session, but will return to her regular schedule of classes in the winter. Kristina's Friday evening Yoga 1-2 will be taught by Robbie, and Mary E. will teach the Tuesday noon Yoga 1 this session.
- On Sunday there is a new Yoga 1 taught by Robbie and a new Yoga 2-3 taught by Jennifer. Robbie will also teach Yoga 2 at 9:00 am on Sunday.
- Two classes are changing instructors. The Tuesday Yoga 1 at 5:45 pm will now be taught by Mary O. and the Saturday Yoga 1 at 9:00 am will be taught by Mary E.
- There are a limited number of work-study positions available at HAYC and a limited number of scholarships. If you are interested, ask for an application at the front desk.
- We need 7 registered students to hold a session of classes. If the course for which you have registered has fewer than seven students, the class may be cancelled. You will be notified and we will try to find another class for you.

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 Anusara Yoga principles. 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. It does not include the shoulder stand. The basic Anusara Yoga 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 shoulder stand using the Anusara Yoga 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 the headstand and handstand. The headstand is the major pose learned in this course. Students should complete at least three sessions of Yoga 2 before taking Yoga 2-3.

YOGA 3/INTERMEDIATE continues with refinements to poses studied in Yoga 1 and 2 and introduces the headstand, forearm balance, and full arm balance (handstand). Additional back bend poses are also included. Regular yoga practice outside of class is strongly encouraged. 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.

PRENATAL YOGA is for pregnant women. Dads-to-be are also welcome to register for the class. 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.

POSTPARTUM YOGA is for new mothers and babies 6 weeks to 6 months. This one-hour class focuses on the use of yoga postures, breathing and relaxation to help you recover from pregnancy and childbirth and to adjust to the demands of motherhood. Please bring diapering supplies, a waterproof changing sheet, and a blanket for your baby.

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

MIXED LEVEL YOGA is open to anyone who has completed Level 1. Standing poses, basic backbends, seated forward bends and twists are taught with Anusara alignment. This is not part of the Level 1 to 4 progression. It is a stand-alone class.

YOGA FOR KIDS (ages 6-11) This class 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 12-17) 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.

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.

Workshops

FOUNDATIONS OF THE YOGA TRADITION III with Olga

Saturday, October 2, 1:00-3:00 pm, \$30

This workshop continues to explore the world of Pre-Classical Yoga, by examining Jainism and Buddhism which in addition to Hinduism constitute the three major socio-religious traditions which emerged in India. In addition, the *Ramayana* and the *Bhagavad-Gita*, texts of this period, will also be considered. The material presented will be based on chapters 6-8 of Georg Feuerstein's *The Yoga Tradition*.

There are no pre-requisites for this workshop. No previous knowledge is necessary.

TEACHING THE PREGNANT YOGA STUDENT with Jennifer

Saturday, October 9, 1:00-4:00 pm, \$45

Our pregnant students greatly benefit from taking our yoga classes, but sometimes teachers have concerns about teaching them: Is it safe? What is the most beneficial thing to teach? How can I teach the whole class without excluding this student? In this workshop we will discuss some of the basic anatomy and possible complications of pregnancy, explore how to adapt a yoga class to meet the needs of pregnant students, and gain confidence in teaching students during this special time in their lives. Jennifer brings the knowledge and experience she has gained from working as a labor and delivery nurse and teaching prenatal yoga classes at HAYC.

REIKI FIRST DEGREE with Olga

**Saturday, October 16, 1:00-6:00 pm and
Sunday, October 17, 12:30-3:30 pm, \$135.**

Reiki is a system of healing and accelerating spiritual growth that brings the body into balance by activating the body's natural ability to heal itself and by releasing blocked energies. Reiki will work wherever you need it the most-relieving stress, alleviating pain, and bringing you and others into a greater sense of well being.

In this workshop you will learn about Reiki and be attuned to the Reiki energy. This will enable you to transmit the Reiki healing energy to others and yourself through a gentle touch. Once attuned to this energy, you will become a Reiki practitioner and will have it for life. You will learn and be able to practice with other participants the suggested hand positions for self-treatment and for working with others. A workbook and list of suggested readings will be provided.

YOGA ON THE BALL with Kathy **Saturday, November 6, 1:00-3:00 pm \$30: provide your own exercise ball \$50: exercise ball included**

Using a ball for yoga can make postures easier or more challenging. By utilizing the support of the exercise ball, the body is able to strengthen and stabilize progressively and safely. Learn how to incorporate this wonderful tool into your yoga practice. A multi-level workshop, suitable for students who have completed Yoga 1-2 and above.

YOGA FOR BREAST CANCER SURVIVORS with Jane Hoge

**Saturday, November 6, 1:00-3:00 pm, \$30
Saturday, December 4, 1:00-3:00 pm, \$30**

This workshop is specifically designed for survivors of breast cancer. You can expect a combination of stretching, strengthening and restorative poses. If you are a breast cancer survivor looking for a proactive and positive experience, this class is for you. Beginners are welcome.

Since 1998, Jane Hoge has been a student of yoga. Following a third diagnosis of breast cancer that year, she began taking classes with other survivors while undergoing chemotherapy. For the past several years, she has spoken to numerous groups across the country about her cancer journey and the mind-body connection. Jane considers yoga to have been instrumental in her healing process.

EXPLORING YIN / YANG YOGA with Pat **Saturday, December 4, 2:00-4:30 pm, \$40**

Many of us look to yoga to help bring balance to our bodies and to our lives. A constant active yoga practice might actually be taking us out of balance. This workshop will explore how the Yin (a more passive practice) can balance out the Yang (an active practice) by strengthening and harmonizing our energy system.

The Yang practice focuses on muscles and the surface of the body while the Yin practice is designed to work our connective tissues (ligaments and fascia) and nourish the flow of energy in our bodies. The Yin practice also helps prepare the body to sit longer and more comfortably in meditation. Suitable for students Yoga 1 and above.

There is a \$5 cancellation fee per workshop.
Refunds: 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.

Workshops (cont.)

WALKING THROUGH FIRE: TRANSFORMING DEPRESSION THROUGH YOGA: PART 2 with Maureen Clyne

Saturday, December 11, 1:00-4:00 pm, \$45

Building on the foundation of "Walking Through Fire: Transforming Depression Through Yoga Part 1," in Part 2 Maureen will expand the experiential practices for depression and discuss the physiological and spiritual benefits of specific poses and sequences. She will teach two new breathing practices, Viloma and Nadi Shodana (Alternate Nostril Breathing), and end with a guided Meditation. Maureen will also delve deeper into the link between Yoga and modern psychology to reveal how Yoga helps us to transform the process of recovering from depression into the ultimate healing practice: uniting with one's Divine Nature. There are no pre-requisites for this workshop; it is not necessary to have attended Part 1.

Maureen Clyne is a certified 700 hour Yoga Research and Education Center Instructor and is on her way to Anusara Certification. Her beloved teachers include John Friend, Sharon Gannon and David Life, Georg Feuerstein, Ph.D. and Dr. Brendan Feeley. Maureen invites students to open their hearts to their own limitless potential through a dynamic, accessible and often entertaining experience of the Yoga tradition.

YOGA NIDRA with Janet

Sunday, December 12, 1:00-3:00 pm, \$30

Imagine an hour of guided deep relaxation. Yoga Nidra is deep relaxation intended to restore physical, mental, and energetic bodies. What sets Yoga Nidra apart from other forms of meditation and relaxation is the setting of an intention that is repeated mentally during the technique. Participants will set a brief resolution and then be led through an hour of guided relaxation. By thus setting the intention in the conscious and subconscious mind, resolve is strengthened and positive results more assured. Plus it's a great way to recharge your batteries! Please wear loose-fitting clothing, cotton if possible.

Upcoming Events

February 19-26, 2005. Susan will lead a Mexico Yoga Vacation in Puerto Morelos. Brochures will be available in September with complete information.

OUT OF TOWN WORKSHOPS WITH DOUG

September 9-20: Teacher Training and Workshop, London and Wales

October 1-5: Therapy Training, Hohenwald, Tennessee

October 8-10: Boulder, Colorado

October 14-18: Therapy Training, Himalayan Institute, Pennsylvania

October 29-31: Oklahoma City, Oklahoma

November 5-7: Asheville, North Carolina

November 12-14: Charlottesville, Virginia

December 3-5: Tallahassee, Florida

December 10-12: Seattle, Washington

For more information on Doug's workshops, see his web site: www.DoYoga.com

HATHA YOGA is an ancient discipline that explores, develops, and integrates the body, mind, and spirit.

Yoga systematically stretches and strengthens muscles throughout the body, increases circulation to internal organs and glands, quiets the nervous system, and improves concentration. This ancient system of self-care brings vitality, health, deep relaxation, and peace of mind.

The style of Hatha Yoga taught is the Anusara method, based on the work of John Friend. Anusara Yoga is a new style of yoga that is heart-oriented, spiritually inspiring, and yet grounded in a deep knowledge of optimal body alignment in the poses. Instructors encourage students to listen to their bodies, respect its wisdom, and to progress at their own pace. Deep relaxation is taught in each class after completion of the postures. The intention of the instructors at HAYC is to assist students in the development of physical, mental, and spiritual well-being: a truly priceless health advantage.

Summer 2004 Schedule

CLASSES FILL QUICKLY!
Register soon to avoid
disappointment

THE HEALTH ADVANTAGE YOGA CENTER

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Kids, Teens and Mixed Level yoga courses are 10 weeks: September 19 to November 21
Yoga courses are 13 weeks: September 16 to December 17

Monday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Yoga 1	Pat
10:00-11:30 am	Yoga 1-2	Kathy
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	Doug
7:30-9:00 pm	Gentle Yoga 1	Paulette
7:30-9:00 pm	Yoga 2	Janet
7:30-9:00 pm	Yoga 2-3	Doug

Tuesday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Gentle Yoga 1	Paulette
10:00-11:30 am	Yoga 2	Kelly C.
10:00-11:30 am	Yoga 3	Ande
12:00-1:30 pm	Gentle Yoga 2	Paulette
12:00-1:30 pm	Yoga 1	Mary E.
4:00-5:30 pm	Yoga 1-2	Mary O.
4:00-5:30 pm	Yoga 3	Doug
5:45-7:15 pm	Yoga 1	Mary O.
5:45-7:15 pm	Yoga 2	Linda
5:45-7:15 pm	Yoga 4	Doug
7:30-9:00 pm	Yoga 1	Linda
7:30-9:00 pm	Yoga 2	Janet
7:30-9:00 pm	Yoga 3	Doug

Wednesday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Yoga 1	Susan
10:00-11:30 am	Yoga 1-2	Kelly K.
10:00-11:30 am	Yoga 2-3	Kelly C.
12:00-1:45 pm	Yoga 4	Doug
5:45-7:15 pm	Gentle Yoga 1	Olga
5:45-7:15 pm	Yoga 2	Janet
5:45-7:15 pm	Yoga 3	Susan
7:30-9:00 pm	Yoga 1	Eileen
7:30-9:00 pm	Yoga 1-2	Janet
7:30-9:00 pm	Yoga 2	Susan

Office hours are Monday through Thursday, 9:00 am - 2:00 pm and Friday 10:00 - noon.

There will be no classes on Thanksgiving Day, Thursday, November 25, or on Friday, November 26. Classes will resume Saturday, November 27

Thursday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Yoga 2	Ande
10:00-11:30 am	Yoga 3	Kelly C.
10:00-11:45 am	Yoga 4	Susan
12:00-1:30 pm	Gentle Yoga 1	Paulette
12:00-1:30 pm	Yoga 1-2	Olga
4:00-5:30 pm	Yoga 2	Mary O.
5:45-7:15 pm	Yoga 1	Susan
5:45-7:15 pm	Yoga 2	Linda
5:45-7:15 pm	Yoga 2-3	Jan
7:30-9:00 pm	Yoga 1-2	Olga
7:30-9:00 pm	Yoga 3	Jan
7:30-9:15 pm	Yoga 4	Susan

Friday

TIME	CLASS	INSTRUCTOR
10:00-11:00 am	Postpartum Yoga	Jennifer
10:00-11:30 am	Prenatal Yoga	Kathy
5:45-7:15 pm	Prenatal Yoga	Jennifer
5:45-7:15 pm	Yoga 1-2	Robbie
7:30-9:00 pm	Prenatal Yoga	Jennifer

Saturday

TIME	CLASS	INSTRUCTOR
9:00-10:30 am	Yoga 1	Mary E.
9:00-10:30 am	Yoga 1-2	Olga/Debbie
9:00-10:30 am	Yoga 2-3	Janet
10:45-12:15 pm	Gentle Yoga 1	Mary E.
10:45-12:15 pm	Yoga 2	Olga
10:45-12:15 pm	Yoga 3	Janet

Sunday

TIME	CLASS	INSTRUCTOR
9:00-10:30 am	Yoga 2	Robbie
9:00-10:30 am	Yoga 3	Jennifer
10:45-12:15 pm	Yoga 1	Robbie
10:45-12:15 pm	Yoga 2-3	Jennifer
4:00-5:15 pm	Teens Yoga	Pat
5:30-6:45 pm	Kids Yoga	Pat
5:30-6:45 pm	Mixed Level	Nick
5:45-7:15 pm	Yoga 2	Robbie

Class Listings

Gentle Yoga 1

Monday	7:30 pm
Tuesday	10:00 am
Wednesday	5:45 pm
Thursday	12:00 pm
Saturday	10:45 am

Gentle Yoga 2

Tuesday	12:00 pm
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Yoga 1

Monday	10:00 am 5:45 pm
Tuesday	12:00 pm 5:45 pm 7:30 pm
Wednesday	10:00 am 7:30 pm
Thursday	5:45 pm
Saturday	9:00 am
Sunday	10:45 am

Yoga 1-2

Monday	10:00 am 5:45 pm
Tuesday	4:00 pm
Wednesday	10:00 am 7:30 pm
Thursday	12:00 pm 7:30 pm
Friday	5:45 pm
Saturday	9:00 am

Yoga 2

Monday	10:00 am 5:45 pm 7:30 pm
Tuesday	10:00 am 5:45 pm 7:30 pm
Wednesday	5:45 pm 7:30 pm
Thursday	10:00 am 4:00 pm 5:45 pm
Saturday	10:45 am
Sunday	9:00 am 5:45 pm

Yoga 2-3

Monday	7:30 pm
Wednesday	10:00 am
Thursday	5:45 pm
Saturday	9:00 am
Sunday	10:45 am

Yoga 3

Tuesday	10:00 am 4:00 pm 7:30 pm
Wednesday	5:45 pm
Thursday	10:00 am 7:30 pm
Saturday	10:45 am
Sunday	9:00 am

Yoga 4

Tuesday	5:45 pm
Wednesday	12:00 pm
Thursday	10:00 am 7:30 pm

Prenatal Yoga

Friday	10:00 am 5:45 pm 7:30 pm
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Postpartum Yoga

Friday	10:00 am
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Mixed Level Yoga

Sunday	5:30 pm
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Kids Yoga

Sunday	5:30 pm
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Teens Yoga

Sunday	4:00 pm
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Yoga Center Policies

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

FREE SAMPLE CLASSES are held the week before the session begins. They are an opportunity for new students to see our Yoga Center, meet the instructors and experience a class. We recommend you sign up for a sample class taught by the instructor with whom you plan to study. Please see page 12 for the dates and times.

TRIAL CLASSES: New students who miss the Free Sample Classes may take a trial class during the first three weeks of the session in any class that is not full. The fee for a trial class is \$18. Kids, Teen, and Mixed Level Yoga trial classes are \$14. Postpartum Yoga trial classes are \$13. The trial class fee is applied to the cost of the course when joining the current session.

MAKE-UPS: We strongly encourage students to get the full experience of their course by making up any classes missed. Missed classes can be made up at any time **during the current session only**, 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. Kids Yoga students can only make up in the Teens Yoga class.

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 Anusara or Iyengar yoga. Drop-ins are permitted **ONLY** in classes that are not filled. Please call to confirm there is space. Drop-ins are not allowed in the Kids, Teen, Prenatal or Postpartum Yoga classes unless the student has previously taken the class and still meets the requirements. See page 11 for drop-in fees.

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. Cancelled classes will be rescheduled.

Instructors



JAN BALDI began studying yoga in 1990. She completed the HAYC Teacher Training Program, is a Yoga Alliance Registered Teacher and an Anusara Affiliate. She has studied with numerous senior yoga teachers. Her primary teacher is John Schumacher who has influenced and inspired her practice. John Friend has also influenced her practice. She has an MS degree in Public Administration.



NICK BAUER is a registered yoga teacher with Yoga Alliance. Nick began his study of yoga in 1998. He completed the Radiant Child teacher training with Shakta Kaur Khalsa in 2003 and the HAYC teacher training with Susan Van Nuys and Doug Keller in 2004. He has also studied with Betsy Downing, Elise Browning Miller, and Desiree Rumbaugh. Nick has found his yoga practice makes him feel better-mentally and physically-and enjoys sharing that experience with others and encouraging their personal journeys.



JENNIFER BRESEMAN began studying yoga in 1992. She has completed the HAYC teacher training program and an Anusara TT with John Friend. She is Anusara Affiliated and a Registered Teacher with the Yoga Alliance. She also draws on her experience working as an RN in different settings including Labor and Delivery. Right now she considers her greatest spiritual teacher to be her baby boy.



KELLY CLEVELAND is a Yoga Alliance Registered Teacher and an Anusara Affiliated Yoga instructor.. She has studied yoga since 1990. She received her teaching certificate in 1994 and began teaching at HAYC in 1996. Her primary teachers were Betsy Downing and Kevin Perry. She has also studied with Rodney Yee, Judith Lasater and John Friend. Kelly's main focus is to teach the Anusara Principles through her own experiences and love for yoga.



KATHY DUKE is a Yoga Alliance Registered Teacher. For more than ten years she has worked as a professional in the fitness industry, completing many hours of study and practice including pre- and post-natal program design. Kathy has completed the HAYC teacher training program with Betsy Downing and Doug Keller and has attended workshops with John Friend and many other instructors. She earned her BFA from Virginia Commonwealth University.



MARY EPPLER was first introduced to yoga in 1994 at the HAYC and has been studying here ever since. She completed the teacher training program with Susan Van Nuys and Doug Keller in 2002, and is a Registered Yoga Teacher with the Yoga Alliance. Through teaching, Mary wishes to convey to her students the inner balance that yoga has brought to her life.



PAULETTE ESCHERT began her study of yoga in 1995. She has completed the HAYC Teacher Training Program and has studied with John Friend and Rodney Yee. Paulette came to yoga searching for an alternative way to manage a severe and painful arthritis condition that has required a number of surgeries. She brings to her teaching compassion and understanding for people who feel limited by their physical abilities.



LINDA JACOBSEN is a Yoga Alliance Registered Yoga Teacher and an Anusara Affiliated instructor. She has completed teacher training from HAYC, Anusara Yoga, and Rod Stryker's Pure Yoga. She has a BS in earth sciences and an MA in writing and editing, and she works for the U.S. Geological Survey. Linda enjoys kayaking, hiking, writing, and traveling.



ROBBIE KATSON has studied yoga since 1992 and is a Yoga Alliance Registered Teacher. She completed the HAYC Teacher Training program and has studied with John Friend, Rodney Yee and others. She wants to share with students the strength, peace and centering that yoga brings to stress-filled lives. Robbie has an MA in Economics and works for the Government.



DOUG KELLER was one of the first to be certified as an Anusara Yoga instructor by John Friend, having studied with him extensively since 1991, and is one of the few designated Anusara Teacher Trainers. He holds a Master's Degree in Philosophy from Fordham University, studied yoga in India for 7 years, and now offers workshops in philosophy and pranayama as well as hatha yoga. He travels nationally and internationally, teaching Anusara Yoga.

Instructors (cont.)



KELLY KESSLER is a Yoga Alliance Registered Teacher. She became a student at HAYC in 1993 and from her first class she knew she wanted to become a teacher. She realized that to accomplish her vision practical experience and knowledge were necessary. In 1999 Kelly completed the HAYC Teacher Training Program with Betsey Downing and continues to study extensively Anusara and Therapeutic Yoga. She is also a Certified Massage Therapist specializing in Neuromuscular Therapy.



JANET KIM is a certified Anusara Yoga Instructor. She began her study and practice of Hatha Yoga in 1972. She has taught yoga since 1987 and completed the HAYC teacher training in 1995. Janet has studied yoga with Betsey Downing, John Friend, Desiree Rumbaugh, Rodney Yee and Doug Keller.



DEBBIE McDANIEL began her study of yoga in 1995. She completed the HAYC Teacher Training Program in 1996. Debbie is an Anusara Affiliated Teacher and has over 100 hours of Anusara Teacher Training. Debbie's primary teachers have been Kevin Perry, Betsey Downing, and Doug Keller. Debbie has also studied with John Friend, Desiree Rumbaugh, Jenny Otto, Rodney Yee, Eric Schiffman and Judith Lasater.



ANDE McDONALD is a Registered Yoga Teacher through the Yoga Alliance and is an Affiliated Anusara Yoga Teacher. Her study of yoga began in 1972. Ande completed teacher training programs with Betsey Downing, Lillah Schwartz, and John Friend.

She has taught yoga at HAYC since 1995 and currently studies with Doug Keller. Ande's intention is for her students to find the joy of movement in their yoga practice and their daily lives.



KRISTINA NGUYEN began her study of yoga in 1998 at HAYC and completed teacher training with Susan Van Nuys and Doug Keller in 2002. Formerly a business consultant, Kristina finds that yoga has led her to pursue her own creative dreams. She hopes to give each of her students the same encouragement she's received from her teachers to express themselves through their yoga.



MARY OSTEN began her study of yoga with Kevin Perry in 1996. She has also studied with John Friend, Jenny Otto, and Rodney Yee, and continues her studies at the Center. She has completed the HAYC Teacher Training Program with Betsey and Kevin. Mary is a licensed massage therapist and maintains a part-time practice in Arlington. She has found that both massage and yoga enhance body awareness.



PATRICIA PAO (RYT 200) began her yoga studies with Betty Roi. She has studied extensively at HAYC since 1998 and has completed the HAYC and the Radiant Child teacher training programs. Pat also completed intensive teacher training workshops with Rodney Yee, Judith Lasater, Erich Schiffman, Kaustaub Desikchar and John Friend. She is a former professional dancer and ballet teacher. Pat has worked the last 18 years as a movie casting director.



OLGA RASMUSSEN is a Registered Yoga Teacher with the Yoga Alliance as well as an Anusara Affiliated Instructor. She has a Doctorate in Spirituality and Education, is a Reiki practitioner, and is certified in Reconnective Healing™. Olga enjoys collecting sacred art, books, music, and fine wine.



EILEEN ROEHR got hooked on yoga at HAYC in 1994. She is a Registered Yoga Teacher with the Yoga Alliance and an Anusara Affiliate. Her primary teachers are Betsey Downing and Doug Keller. Eileen has also studied with John Friend, Suzie Hurley, and Jenny Otto. In her other life she is the Program Director at Graydon Manor, where she also teaches yoga to emotionally disturbed youngsters.

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.



Judith Lasater

November 12-14, 2004

Judith H. Lasater, Ph.D., Physical Therapist and internationally known yoga teacher, has taught yoga since 1971. She is the founder of the Iyengar Yoga Institute in San Francisco as well as *Yoga Journal* magazine. Ms. Lasater frequently trains teachers in virtually every state and is often an invited guest at international yoga conventions. She is president of the California Yoga Teachers' Association as well as the author of numerous articles on yoga and health. She is the author of *Relax and Renew: Restful Yoga for Stressful Times*, *Living Your Yoga: Finding The Spiritual In Everyday Life*, *Yoga For Pregnancy*, and her most recent *30 Essential Yoga Poses*.

Getting Centered

Friday, November 12: 6:00-8:00 pm, \$40
All levels

Beginning with a short discussion to create a practice intention, we will then practice active asana to prepare us for the deep relaxation of a practice of Restorative yoga.

The Mysterious Sacroiliac Joint: Anatomy, Asana and Therapeutics

Saturday, November 13: 10:00-12:30 pm
and 1:30-4:00 pm, \$100

Teachers and serious students

Many yoga students complain of sacroiliac pain. We will learn the basic anatomy of this area and immediately apply that knowledge to hands on discovery and observation of others as they learn therapeutic movement to decrease pain and create normal function. We will also practice asana together with our new awareness of the SI joint.

Yoga Therapeutics

Sunday, November 14: 9:30-12:00 pm
and 12:30-3:00 pm, \$100

Teachers and serious students

Learning to apply asana as a modality of healing is a highly specialized and difficult art. Yet more and more often, yoga teachers are called upon to work with students with a variety of special needs in almost every class they teach. This course in Yoga Therapeutics will introduce the basic concept of using Yoga therapeutically, the concepts of taking a history, suggesting asana for specific problems and evaluating outcome.

The workshop will be held at Camp Fraser in the Fraser Preserve in Great Falls, Virginia. Due to the times and location of the workshop, it is recommended that participants bring a box lunch to the Saturday and Sunday sessions.

Please be sure to bring your clearly marked props with you: 2-5 blankets, sticky mat, belt and block. Props will not be provided.

REGISTRATION: To register, complete the Registration Form in the brochure and send it with full payment. Telephone registrations accepted with Visa or MasterCard. Registrations are accepted on a first come, first served basis. All accepted participants will be sent a letter of confirmation. Directions to Camp Fraser will be included. Because we maintain a waiting list, we request that you do not give your space to a friend.

CANCELLATION POLICY: There is a \$5 cancellation fee per day.

REFUNDS: No refunds are given after November 5 unless your space can be filled from a waiting list.

The Health Advantage Yoga Center *Registration*

Registration for **all** students begins on August 14. Current students are guaranteed a space in their present class by registering for it by August 26.

By registering for a class, you agree to adhere to our policies stated on page 11 of the brochure.

To register, return this form along with payment in full to HAYC, or call (703) 435-1571 to register with MC or Visa.

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

OFFICE USE ONLY

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

Name _____

Address _____

City _____ State _____ Zip _____

Phone/H (____) _____ Phone/W (____) _____

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	Date	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 Fees & Cancellation Policies

CLASS REGISTRATION: To register for a class, fill out the registration form and enclose **full payment**, which includes a \$45 non-refundable, non-transferable fee **for each course**. Space cannot be held without payment. Telephone registrations are accepted with MasterCard or Visa.

WORKSHOP REGISTRATION: Fill out a registration form and enclose payment in full.

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 cancellation form must be filled out and submitted. Refunds are based on the date of the cancellation form, not on the date of the last class attended. Class fees cannot be transferred to another session.

REFUNDS are given according to the following schedule: after the first class: 100% refund minus the \$45 administrative fee, \$30 for Postpartum Yoga. 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 6th week of the term.

TEENS, KIDS AND MIXED LEVEL YOGA REFUNDS are given according to the following schedule: after the first class: 100% refund minus the \$30 administrative 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 fourth class of the term.

CLASS FEES FALL 2004 SESSION

Yoga	\$195	13 weeks
Twice weekly	\$364	13 weeks
1st class is \$15/class; 2nd class is \$13/class		
Postpartum	\$130	13 weeks
Teens, Kids & Mixed Level	\$110	10 weeks.

DROP IN FEES

Yoga classes for registered students	\$15
Yoga classes for unregistered students	\$18
Kids, Teens & Mixed Level	\$14
Postpartum	\$13

THE HEALTH ADVANTAGE YOGA CENTER

1041 Sterling Road — Suite 202
Herndon, VA 20170



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Fall 2004 Session
Begins September 16

Sample Classes

Sample classes, for **new** students only, are free and fill quickly. Register early to reserve your space. You may register by telephone for sample classes. 703-435-1571

Thursday, September 9

12:00-1:00 pm	Gentle Yoga 1	Paulette
5:45-7:15 pm	Yoga 1	Susan

Friday, September 10

10:00-11:00 am	Postpartum Yoga	Jennifer
10:00-11:30 am	Prenatal Yoga	Kathy
5:45-7:15 pm	Prenatal Yoga	Jennifer
7:30-9:00 pm	Prenatal Yoga	Jennifer

Saturday, September 11

9:00-10:30 am	Yoga 1	Mary E.
10:45-11:45 am	Gentle Yoga 1	Mary E.

Sunday, September 12

10:45 am-12:15 pm	Yoga 1	Robbie
4:00-5:15 pm	Teens Yoga*	Pat
5:30-6:45 pm	Kids Yoga **	Pat
5:30-6:45 pm	Mixed Level***	Nick

Monday, September 13

10:00-11:30 am	Yoga 1	Pat
5:45-7:15 pm	Yoga 1	Kelly K.
7:30-8:30 pm	Gentle Yoga 1	Paulette

Tuesday, September 14

10:00-11:00 am	Gentle Yoga 1	Paulette
12:00-1:30 pm	Yoga 1	Mary E.
5:45-7:15 pm	Yoga 1	Mary O.
7:30-9:00 pm	Yoga 1	Linda

Wednesday, September 15

10:00-11:30 am	Yoga 1	Susan
5:45-6:45 pm	Gentle Yoga 1	Olga
7:30-9:00 pm	Yoga 1	Eileen

*Teens Yoga: ages 12-17

**Kids Yoga: ages 6-11

***Mixed Level Yoga: Must have completed at least one session of Level 1