



# The Health Advantage

## YOGA CENTER

1041 Sterling Rd., Suite 202 • Herndon, VA 20170 • 703-435-1571 • Fax 703-435-1572 • [www.healthadvantageyoga.com](http://www.healthadvantageyoga.com)

WINTER SESSION 2014 — Classes Begin January 4

## Workshops

### POST-HOLIDAY REHAB with Erin

Saturday, December 28: 10:00 a.m.-12:00 p.m., \$30

It is easy to get caught up in the excitement of the holiday season with the flurry of celebrations, gatherings, and feasting. But when it is over, then what? Come breathe your way back into balance with a moderately-paced, hip-opening, twist-centered vinyasa flow. Start to cleanse your body and clear your mind from seasonal indulgences in preparation for the New Year. Appropriate for students who have taken at least one session of Yoga 2. 2 CEUs

### JUMP START YOUR NEW YEAR WITH YOGA with Pat P.

Wednesday, January 1: 11:00 a.m.-1:00 p.m., \$30

Refresh, renew and relax with Pat in her twelfth annual New Year's Day workshop. Start the New Year with something we all love to do. Celebrate the day as we wring out the old and breathe in the new! All levels welcome. 2 CEUs

### YOGA FOR SCOLIOSIS FOR ALL LEVELS with Angelika

Saturday, January 11: 1:00-3:30 p.m., \$40

This workshop begins with a short introduction about the nature of scoliosis and how the various curvatures can affect your body. You will learn stretches and strengthening exercises that will help you find relief from discomfort and tightness and that you can practice safely at home. All levels welcome. No yoga experience necessary. 2 CEUs

### YOGA FOR WELLNESS: IMMUNE BOOSTER with Pat P.

Saturday, January 18: 1:00-3:00 p.m., \$30

A focused and revitalized immune system combined with a relaxed nervous system will help you resist and throw off winter's infections more readily. Yoga postures, pranayama, relaxation, and meditation are powerful tools to help stimulate or calm your immune response as needed. This workshop will explore preps and poses to help both strengthen and calm your immune system as well as boost energy. Open to Yoga 1-2 and above. 2 CEUs

*continued on next page*

### A Weekend Workshop with JULIE GUDMESTAD Upper Back, Neck, and Shoulders – Anatomy Awareness in Asana

This workshop is designed to acquaint yoga students, teacher-trainees and teachers with anatomical vocabulary, musculoskeletal structures and movement patterns in relation to the yoga asanas. Our particular focus for the workshop will be on the upper back, neck and shoulders. Our time together will involve lecture, demonstration and discussion, as well as direct work in the asanas. We will:

- Learn to “see” muscles in action, and correctly describe the movement
- Understand how muscles interact to form movement patterns in yoga poses
- See demonstrations of both structure and function
- Participate in asana practice sessions that allow you to feel, in your own body, the actions of muscles and the dramatic effects of subtle changes in alignment

*Julie Gudmestad, P.T., has been active in Portland, Oregon, as a yoga teacher and licensed physical therapist for over 30 years. She has integrated Western medical knowledge with yoga training into a unique teaching style, and has taught many workshops throughout the U.S. and Canada. She is a certified Iyengar yoga teacher and former writer of the Yoga Journal column “Anatomy of a Yogi.”*

#### SCHEDULE

Friday, March 28	6:30-8:30 p.m.	\$40
Saturday, March 29	9:00 a.m.-12:00 p.m.	\$60
	2:00-4:00 p.m.	\$40
Sunday, March 30	9:00 a.m.-12:00 p.m.	\$60
	2:00-4:00 p.m.	\$40

A year of yoga experience and knowledge of the basic standing poses is recommended. No acute injuries or conditions that would seriously limit your mobility, as this is not a therapeutics workshop. Since each section of the workshop builds on the previous sections, registration for the full workshop is recommended.

**CANCELLATION POLICY:** There is a \$5.00 cancellation fee per section.

**REFUNDS:** No refunds are given after March 21 unless your space can be filled from the waiting list.

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## Workshops (cont.)

### **LEARN TO MEDITATE with Janet**

**Saturday, January 25: 1:00-3:00 p.m., \$30**

In this introduction to meditation, we will focus on centering techniques from different traditions and learn how these techniques can assist each of us on our inner journey of self-discovery. It is through meditation that we experience inner joy. 2 CEUs

### **HIP OPENERS with Jan**

**Sunday, February 2: 1:00-3:00 p.m., \$30**

Hip strength and flexibility is an important factor in almost all poses. As you develop more mobility in your hips, you notice increased freedom in your lower back, hips, pelvic region and knees. In this workshop we will explore different ways to create this expansion and openness. Appropriate for students Level 2 and above.

### **RESTORATIVE YOGA with Angelika**

**Sunday, February 9: 3:00-5:00 p.m., \$30**

Join us for two hours of relaxation. Winter is the time when nature turns inward to nurture what is necessary for new growth. Restorative yoga is a slow practice that allows you to turn your attention inward. In deep relaxation you withdraw your senses from the outer world and find a place of inner calmness and joy. Reenter the world with renewed energy and strength. All levels welcome. 2 CEUs

### **YOGA FOR SCOLIOSIS FOR EXPERIENCED STUDENTS with Angelika**

**Saturday, February 22: 1:00-3:30 p.m., \$40**

This workshop is for students who have taken at least two sessions of Yoga 2 or have knowledge of basic standing poses and backbends. Following a short introduction to scoliosis you will learn how you can modify yoga poses to make them more beneficial to your specific needs. 2 CEUs

### **MOON SALUTATION WORKSHOP with Jennifer Z.**

**Sunday, March 16: 1:00-3:00 p.m., \$30**

March 16 is the night of the full moon and the perfect time to discover the cooling and calming effects of the 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. Open to students Yoga 1-2 and above.

## *Yoga Center Notes*

- We have a blog! Look under the About Us menu on our website. Our blog has all of the brochure articles since the summer of 2001, and more articles are added occasionally. Check it at any time or subscribe to receive updates.
- Our short courses and workshops are a great way to try something new. See pages 1-2 for full descriptions of workshops and page 3 for short courses.
- 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.

### **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.

# Short Courses

## **ACCESSING YOUR CORE with Heide**

**Mondays: 7:30-9:00 p.m.**

**January 6 – February 10**

**February 24 – March 31**

**Six weeks: \$96 for each course**

Access your core by focusing 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 props, this class will build strength, flexibility, and stamina and is a great addition to your regular yoga practice. Appropriate for students who have completed at least one session of Yoga 2. The two courses will be different. The second course does not build on the first, so you may register for either one or both.

## **THERAPEUTIC YOGA with Erin**

**Wednesdays: 5:45-7:15 p.m.**

**Jan 8 – Feb 12: Caring for the Arms and Shoulders**

**Feb 26 – Apr 2: Maintaining a Healthy Spine**

**Six weeks: \$96 for each course**

Enhance your yoga practice by learning the fundamentals of anatomy and kinesiology, and the origins of many common forms of pain and injury. Then, investigate the use of good alignment, biomechanics, and the mind-body connection in a therapeutic approach to finding more ease within your body. These short courses contain a combination of lecture and experiential learning through yoga postures and other functional movements. Each course is independent of the other, so you may register for either one or both. Appropriate for students who have completed at least one session of Yoga 1.

## **YOGA FOR OSTEOPOROSIS with Annette**

**Thursdays: 7:30-9:00 p.m.**

**January 9 – February 20**

**Seven weeks: \$112**

Research has shown that yoga can prevent or slow, and in some cases even reverse, the process of bone loss. This short course will explore safe yoga postures that will protect and strengthen your spine, hips and wrists as well as inform you which exercises and movements you should avoid to prevent fractures. All levels welcome.

## **YOGA FOR ARTHRITIS with Annette**

**Thursdays: 7:30-9:00 p.m.**

**February 27 – April 3**

**Six weeks: \$96**

Yoga is ideal for people with arthritis because it poses little risk of injury to delicate joints. Regular yoga practice can reduce pain and improve function. Physical postures help build muscle strength and improve balance and alignment. This short course provides strategies for coping with pain as well as gentle flowing movement. All levels welcome.

## **SHAPE UP WITH YOGA with Jennifer Z.**

**Fridays: 10:00-11:30 a.m.**

**February 28 – April 4**

**Six weeks: \$96**

Energize your body, and build strength and endurance for all your activities! Burn calories, tone core muscles, curb cravings, and promote glandular balance with poses and sequences that can transform your body and your life! Appropriate for students who have completed at least one session of Yoga 2.

## **INTRODUCTORY YOGA SHORT COURSE with Erin**

**Sundays: 10:45 a.m.-12:15 p.m.**

**February 16 – March 23**

**Six weeks: \$96**

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 March 2. Registration for this short course will begin January 27.



# 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.

**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.

**SUBTLE ANATOMY** explores various aspects of the energetic system: chakras and the nadis, koshas or sheaths, Chinese meridians, the elements, and the vayus or winds, and how each can be used to enhance our yoga practice. In Hatha yoga we use the body as a vehicle for transformation in gross and fine ways. A focus on subtle anatomy brings awareness to the delicate shifts in sensation and feeling as we do the poses. One measure of the depth of a yoga practice is our sensitivity to our own inner experience; the deeper we go, the more transformative the process is. Appropriate for students Yoga 1-2 and above.

**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.

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**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.**

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## Classes (cont.)

**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.

## 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 canceled 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.

**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 9 for drop-in fees.

**WEATHER:** If classes have to be canceled 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.

# Winter 2014 Schedule

**CLASSES FILL QUICKLY!**  
Register soon to avoid disappointment

## THE HEALTH ADVANTAGE YOGA CENTER

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

**Yoga courses are 13 weeks:** January 4 - April 4  
**Teens Yoga course is 10 weeks:** January 5 - March 9

**Li'l Kids Yoga course is 10 weeks:** January 10 - March 14  
**Kids Yoga courses are 10 weeks:** January 5 - March 14

### Monday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Yoga 1	Pat P.
10:00-11:30 am	Yoga 1-2	Mary
10:00-11:30 am	Yoga 2	Doug
5:45-7:15 pm	Yoga 1	Jennifer Z.
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	Jennifer Z.
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
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.
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	Subtle Anatomy	Pat P.
12:00-1:00 pm	Lunchtime Vinyasa	Annette
12:00-1:30 pm	Gentle Yoga 1	Angelika
5:45-7:15 pm	Shoulder Therapeutics*	Erin
5:45-7:15 pm	Spine Therapeutics*	Erin
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
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 For Osteoporosis*	Annette
7:30-9:00 pm	Yoga For Arthritis*	Annette
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.
10:00-11:30 am	Shape Up With Yoga*	Jennifer Z.
4:00-4:45 pm	Li'l Kids Yoga	Mary
5:00-6:15 pm	Kids Yoga	Mary

### Saturday

9:00-10:30 am	Yoga 1	Erin
9:00-10:30 am	Yoga 1-2	Tanya
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-12:15 pm	Intro. Short Course*	Erin
10:45 am-12:30 pm	Yoga 4	Jennifer B.
4:00-5:15 pm	Community Class+	Various
4:00-5:30 pm	Teens Yoga	Pat P.
5:30-6:45 pm	Kids Yoga	Mary

\* Short Courses. Please see page 3 for more information.  
+ Community Class. Please see page 10 for more information.  
*Classes will be held on all holidays falling within the Winter 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.



**KATHY DUKE (RYT 500, E-RYT 200)** completed the HAYC Teacher Training Program in 2000 with Betsey Downing and Doug Keller, and attended the advanced teacher training program at The Himalayan Institute in 2009. She holds a Personal Training certification from the American Council on Exercise and received her BFA from Virginia Commonwealth University. Kathy 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.



**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](http://www.yogaalliance.org)*

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## 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 (E-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.



**TANYA ZIMMERLI (RYT 200)** completed her teacher training at HAYC and has studied Ashtanga yoga with David Swenson. She has also taken numerous workshops with nationally-recognized teachers such as Elise Browning Miller, Beryl Bender Birch, Roger

Cole, Paul Grilley, Desiree Rumbaugh and others. Through yoga, Tanya has found increased peace and awareness of body and mind as well as a thriving community of like-minded people. Ultimately, Tanya seeks to introduce these same qualities of peace, awareness and community into each of her classes.



**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.

# The Health Advantage Yoga Center *Registration*

## OFFICE USE ONLY

Date \_\_\_\_\_  
 Check \_\_\_\_\_  
 Charge \_\_\_\_\_  
 Cash \_\_\_\_\_  
 Init \_\_\_\_\_

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)					
<b>Total Due</b>					

Registration for all students begins on December 2 at 8 a.m.

By registering for a class you agree to adhere to our policies stated on page 9 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

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

YogaReg \_\_\_\_\_

## 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 course.

**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 one-hour 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.

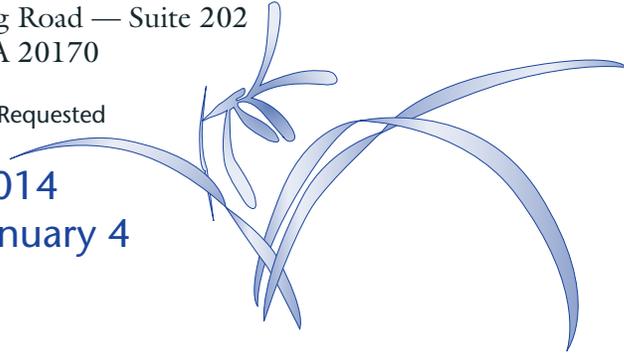
CLASS FEES		
WINTER 2014 SESSION		
Yoga	\$208	13 weeks
Twice weekly	\$390	13 weeks
1st class is \$16/class; 2nd class is \$14/class		
One-hour classes	\$182	13 weeks
Teens	\$160	10 weeks
Kids	\$140	10 weeks
Li'l Kids	\$120	10 weeks
DROP IN FEES		
Yoga classes for registered students	\$16	
Yoga classes for unregistered students	\$20	
One-hour classes for registered students	\$14	
One-hour 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

Winter 2014  
Begins January 4



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

*Announcing...*

**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.

**COMMUNITY YOGA  
A yoga class for everybody!**

We would like to share the benefits and joys of yoga with everyone in our community. Our Sunday 4:00–5:15 p.m. class is open to all levels. Each class will be taught by a different instructor. No registration is required, just show up. Cost: \$5 cash or check.

**TEACHER TRAINING  
with Susan Van Nuys  
and Angelika Stadel  
March 2014 – March 2015  
Hosted by The Yoga Connection**

This teacher training program will be taught by HAYC teachers at The Yoga Connection in Manassas. This course is not just for bendy and advanced students; it is open to anyone who has taken at least two sessions of Yoga 2, has a regular home practice, and a desire to help students grow and develop through yoga.

Call for more information or see our website:  
[www.healthadvantageyoga.com/WS\\_TeacherTraining.htm](http://www.healthadvantageyoga.com/WS_TeacherTraining.htm)