

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 2016 — Classes Begin April 2

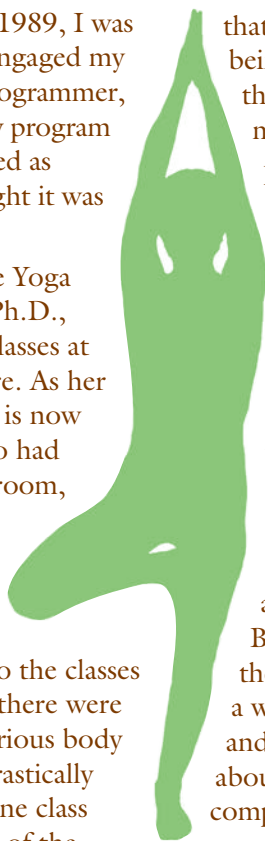
The Long Stretch

When I began taking yoga classes in 1989, I was looking for an exercise class which engaged my mind as well as my body. I was a computer programmer, and I needed a way to take my mind off of my program when I left work. At that time, yoga was viewed as being a little odd, possibly cultish, but I thought it was fun, and I always came home feeling good.

I took my first class at The Health Advantage Yoga Center (HAYC) in 1994. Betsey Downing, Ph.D., the founder of HAYC, had begun teaching classes at Brown's Chapel in Reston several years before. As her classes grew, she moved to our space in what is now half of the Purple Room. By 1994, the studio had grown to two yoga rooms and a meditation room, covering the area from the current Purple Room to half of the Green Room.

My first class at HAYC changed my view of yoga. The previous classes I had taken were mixed-level and not alignment-based, so the classes were either too easy or too challenging, and there were no consistent explanations for positioning various body parts. Often the level of difficulty changed drastically from week to week, and the instructions in one class would completely contradict the instructions of the class the week before.

In my first class with Betsey, she said, "Turn your left foot in to protect your knee." A simple instruction, but for me, it was a lightbulb moment. There was a reason for each action! As I took more classes at HAYC, I saw



that instead of just coming to class and moving, we were being taught. The instruction and poses fit the level of the class, and by the end of each session, I understood more than I had at the beginning.

I continued to take classes at HAYC and after a particularly difficult computer project during which I worked over 96 hours a week for several months, I recognized that though I enjoyed programming, this was not how I wanted to live my life. I switched to another programming job with more manageable hours, started practicing yoga at home, and began to look at other career options. I soon realized that yoga was what I truly enjoyed, so I took the HAYC Teacher Training Program and began teaching at HAYC in 1997.

Over the next few years, classes continued to grow, and Betsey expanded into the Blue Room. In 1999, Betsey moved to Florida. She opened another studio there and continued to run HAYC, coming back for a weekend or week each month to manage the studio and lead the teacher training program. I approached her about buying the studio in the summer of 2000, and we completed the sale in January 2001.

I had no idea what I was getting into, and I was very fortunate that Liz Wright, Betsey's office manager, stayed on and remains our office manager. I was also fortunate that the teachers stayed, several of whom still teach at HAYC fifteen years later: Kelly Cleveland, Doug Keller,

continued on next page

SAVE THE DATE HAYC 25TH ANNIVERSARY PICNIC Saturday, June 18 • 4:00-8:00 p.m.

The Health Advantage Yoga Center is celebrating its 25th Anniversary in 2016, and we invite you to plan now to attend a special summertime gathering at the beautiful Walker Nature Center. We will provide the anniversary cake and good cheer and invite you to bring your own non-alcoholic beverage and a favorite dish to share. We look forward to celebrating with students, their families and friends, and instructors in recognition of more than two decades of loyal patronage and great yoga.

The Walker Nature Center is located at 11450 Glade Drive, Reston, VA 20191.

The Long Stretch (cont.)

Kelly Kessler, Janet Kim, and Pat Pao. There are also a number of students who started taking classes with Betsey at Brown's Chapel who continue to take classes with us today.

Our classes continued to grow, and in 2006 we expanded to fill the entire top floor of our building. Since then, we have weathered the recession and changed a Virginia law which would have made yoga teacher trainings too costly to hold.

In the 27 years that I have practiced yoga, the perception of it has changed. When I bought the studio in 2001, the view was starting to shift from offbeat to mainstream: yoga instructors began to appear on segments on TV morning shows and talk shows, and reputable magazines like *Time* published articles praising the benefits of yoga. Over the next few years, gyms and recreation centers went from holding a yoga class or two a week to scheduling

several a day, yoga pants became popular, and stores and websites dedicated to selling yoga clothing emerged. Now there are yoga studios and classes everywhere, and new types of yoga arise as people blend different styles of yoga or add yoga to other exercise forms.

Over the years, I have changed too. Though I am still type A, I am more balanced and less stressed with yoga and meditation as part of my daily routine. Each week I look forward to going to the studio and to my classes. I have been and remain grateful to everyone connected to HAYC: the students, the teachers, and the staff. I have met so many interesting people and watched friendships form and grow. Thank you to everyone for making HAYC what it is today. HAYC has become a true community, and I cannot imagine what my life would have been without you.



Workshops

ARM BALANCES AND HIP OPENERS with Susan

Wednesday, March 30: 6:30 - 8:30 p.m., \$30

Arm balances can be viewed as pass or fail poses: either you balance or you tip over. Arm balances can also be viewed as a journey: each attempt is a step along a path where you explore patience, balance, and fear. However you view arm balances, they can be challenging and fun. Hip openers are an excellent complement to arm balances since arm balances open the hips and supple hips allow the body to fold. Open to students who have completed at least three sessions of Yoga 2. 2 CEUs

YOGA AND OSTEOPOROSIS with Annette

Saturday, April 9: 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

EXPLORING SOMATIC YOGA with Pat P.

Saturday, April 23: 1:00 - 4:00 p.m., \$45

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. 3 CEUs

ASANA TUNE-UP with Erin

Saturday, May 14: 1:00 - 3:00 p.m., \$30

Habits are actions which occur without conscious thought. Yoga is mindfulness in each moment. The two are opposites, yet despite our intentions, habits still develop within our asana practice. Some are good habits, allowing us to move easily through the basic aspects of each pose so there is an opportunity to focus on the more difficult facets. Other habits may be hindering our desired progress or leading to injury. In this workshop, we will focus on some common problematic postural habits. If you are feeling blocked in a posture, bring your questions. Appropriate for students who have taken at least one session of Yoga 2. 2 CEUs

Short Courses

QUIET YOGA FOR STRESSFUL TIMES with Annette

Mondays: 5:45 - 7:15 p.m.

April 4 - May 9

May 23 - June 27

Six weeks: \$96 for each course

With the discovery of how stress affects our health, the need for a quiet yoga practice is ever more important. Explore breathing techniques to expand the flow of energy within, active postures to open and strengthen, restorative postures for rejuvenation, and guided meditation to create a quiet, vast sky of mind. The second course does not build on the first, so you may register for either one or both. All levels are welcome.

YOGA AND MINDFUL EATING with Amy

Wednesdays: 7:30 - 9:00 p.m.

April 6 - May 11

May 18 - June 22

Six weeks: \$96 for each course

Materials fee: \$10

Hungry for a new way to lose weight? Numerous studies indicate that yoga and mindfulness are effective at eliminating unhealthy eating behaviors in the long term. Whether you want to lose five pounds or fifty, learning to reconnect, slow down, and radically change the way you think about food can help.

Each class will begin with a mild yoga practice followed by instruction on the concepts of mindful eating along with practical exercises. The yoga portion will be appropriate for students at all levels and will focus on learning ways to combat stress in the moment, as well as fostering a stronger mind/body connection.

No new students after the second class of each session. You may wish to sign up for both sessions which will vary slightly in order to reiterate the concepts for greater understanding and practice. A \$10 materials fee by cash or check is due to the instructor at the first class; the materials fee will only apply once.

PRENATAL YOGA with Erin

Thursdays: 5:45 - 7:15 p.m.

April 7 - May 19: Seven weeks: \$112

May 26 - June 30: Six weeks: \$96

Pregnancy is both a life-changing process and a natural opportunity for developing a more mindful approach to daily living. This course, for pregnant women, is designed to alleviate common discomforts and concerns of pregnancy, help you stay healthy, and prepare you for labor and delivery. It is fun and appropriate for both new and experienced yoga students. The two courses will be different. The second course does not build on the first, so you may register for either one or both. Please obtain your doctor's or midwife's permission in writing before enrolling.

PILATES MAT: ACCESSING YOUR CORE with Heide

Wednesdays: 10:00 - 11:30 a.m.

April 13 - May 18

May 25 - June 29

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 in the core and will also work on strengthening and stabilizing the muscles in the arms, shoulder girdle, and pelvis. It will follow a level 1 Pilates mat class set within a yoga class structure: beginning with yoga centering and ending in final relaxation.

INTRODUCTORY YOGA SHORT COURSE with Erin

Tuesdays: 7:30 - 9:00 p.m.

May 17 - June 28

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 May 31. Registration for this short course will begin April 25.



SPRING WEEKEND RETREAT

Restore and Renew!

June 3 - 5, 2016

Susan will lead a weekend retreat at Meadowkirk in Middleburg, Virginia. The retreat will include early morning pranayama (breathing) and meditation, four yoga classes, plus free time to relax, explore the hiking trails, enjoy nature, or socialize. Flyers with more information will be available soon.



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.

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.

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 Yoga 2 and one session of Yoga 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.

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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Yoga Center Notes

- Our short courses and workshops are a great way to try something new. See page 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.

Classes (cont.)

YOGA SPECTRUM focuses on awakening the inner body. Most of us have a yoga practice that focuses primarily on our outer physical body with the movement of our muscles and bones. Often we do not take time to explore anything below the surface. As we move through our practice, we will focus inward on our internal organs, meridians, and lines of energy, adding another perspective to our yoga toolboxes. Appropriate for students Yoga 1-2 and above.

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.

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

YOGA FOR KIDS (ages 6-12) 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.

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 in our regular classes and short courses 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 2 classes if they have taken more than one Teens Yoga class. Students taking short courses may make up in regular classes at the appropriate level, and students in regular classes may make up in appropriate short courses.

DROP-IN AND CLASS PACKAGES: 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. Class packages are treated as drop-in classes, but are purchased as a group and are only valid for a set time period after the date of purchase.

The following policies apply to both drop-in and class packages. After the first three weeks, drop-ins are not allowed in Yoga 1, Kids, or Teens classes unless the student has previously taken the class and still meets the requirements. Drop-ins are permitted **ONLY** in classes that are not filled. Please call to confirm there is space.

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 2016 Schedule

CLASSES FILL QUICKLY!
Register soon to avoid disappointment

THE HEALTH ADVANTAGE YOGA CENTER

1041 Sterling Road, Suite 202 • Herndon, VA 20170 • 703-435-1571 • Fax 703-435-1572
www.healthadvantageyoga.com • email: yoga@hayc.net

Yoga courses are 13 weeks: April 2 – July 1

Teens Yoga course is 10 weeks: April 3 – June 5

Kids Yoga course is 10 weeks: April 7 – June 9

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 1-2	Erin
5:45-7:15 pm	Yoga 2	Mary
5:45-7:15 pm	Quiet Yoga for Stressful Times*	Annette
7:30-9:00 pm	Gentle Yoga 1	Kelly K.

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
7:30-9:00 pm	Intro. Yoga Short Course*	Erin

Wednesday

10:00-11:30 am	Yoga 1	Carol Ann
10:00-11:30 am	Yoga 1-2	Kelly K.
10:00-11:30 am	Yoga Spectrum	Pat P.
10:00-11:30 am	Pilates Mat*	Heide
12:00-1:30 pm	Gentle Yoga 1	Angelika
5:45-7:15 pm	Gentle Yoga 1	Pat T.
5:45-7:15 pm	Yoga 2	Amy
5:45-7:15 pm	Yoga 3	Susan
5:45-7:15 pm	Vinyasa Flow	Erin
7:30-9:00 pm	Yoga 1	Erin
7:30-9:00 pm	Yoga 1-2	Patt W.
7:30-9:00 pm	Yoga 2	Susan
7:30-9:00 pm	Yoga and Mindful Eating*	Amy

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
4:30-5:30 pm	Kids Yoga	Mary
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	Angelika
5:45-7:15 pm	Prenatal Yoga*	Erin
7:30-9:15 pm	Yoga 4	Susan

Friday

10:00-11:30 am	Yin Yoga	Pat P.
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Saturday

9:00-10:30 am	Yoga 1	Erin
9:00-10:30 am	Yoga 1-2	Angelika
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
10:45 am-12:15 pm	Yoga Spectrum	Pat P.

Sunday

9:00-10:30 am	Yoga 2	Tanya
9:00-10:30 am	Yoga 3	Angelika
10:45 am-12:15 pm	Yoga 1	Tanya
10:45 am-12:15 pm	Vinyasa Flow	Erin
10:45 am-12:30 pm	Yoga 4	Angelika
4:00-5:30 pm	Teens Yoga	Pat P.

*Short Courses: Please see page 3 for more information.

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.



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.



AMY FULLER (RYT-200) is a graduate of the HAYC Teacher Training Program. She has been practicing yoga for 15 years and teaching since 2008. She is also a certified mindful eating instructor and she created a yoga program for Inova Hospital's medical weight loss program to help patients focus on cultivating body awareness. Besides guiding her students in the physical benefits of yoga, Amy teaches self-calming techniques to her students and strives to help foster self-kindness and mindfulness within their yoga practice.



ANNETTE HYDE (E-RYT 500) 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. Annette earned Certificates of Completion in the Therapeutic Yoga for Seniors Teacher Training and the Yoga of Awareness for Cancer Teacher Training from Duke Integrative Medicine, part of the Duke University Health System. Doug Keller has been her primary teacher since 2002. 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 International*, 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.



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.

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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.)



PAT PAO (E-RYT 200, RCYT) 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, and 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 worked for over eighteen 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.



CAROL ANN SONNENFELD (RYT 200) began her journey with yoga in 1997 and completed the HAYC Teacher Training Program in 2012. Her prior career of providing hospitalized patients with therapeutic interventions to reduce fear and anxiety has helped her understand how yoga can benefit each student in their unique journey to health and wellness. Carol Ann readily shares her positive energy in her yoga teaching, inspiring her students to see their full potential and face the rollercoaster ride of life.



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 500, E-RYT 200) has completed the HAYC Teacher Training, Mindful Yoga and Meditation Training, Relax and Renew Training, and Therapeutic Yoga for Seniors at Duke Integrative Medicine. She is a certified Meditation Teacher after completing a two-year meditation teacher training with Tara Brach in 2013. Pat attends meditation retreats nationally and continues the study of yoga with various teachers who focus on mindfulness and midlife health.



PATT WATTANASUPT (RYT-200) began his yoga journey in 2004, out of curiosity and a desire to improve his flexibility. He completed the HAYC Teacher Training program in 2010. Patt believes in finding balance between strength and flexibility in yoga and wants his students to benefit from both. With his background in engineering, he finds that yoga helps him stay balanced with his work and personal life. When he is not teaching, he enjoys travel, photography, and staying active.



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.



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 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 _____

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					_____

Registration for **all** students begins on March 7 at 8:00 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 _____ CVV _____

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 the one-hour class. 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 and KIDS REFUNDS are given according to the following schedule. After the first class: 100% refund minus a \$25 fee. After the second class, a 100% refund minus a \$40 fee. No refunds after the third class of the course.

CLASS FEES SPRING 2016 SESSION

Yoga	\$208	13 weeks
Twice weekly	\$390	13 weeks
1st class is \$16/class; 2nd class is \$14/class		
One-hour class	\$182	13 weeks
Teens	\$160	10 weeks
Kids	\$140	10 weeks

DROP-IN FEES

Yoga classes for registered students	\$16
Yoga classes for unregistered students	\$20
One-hour class for registered students	\$14
One-hour class for unregistered students	\$16
Kids	\$15

THE HEALTH ADVANTAGE YOGA CENTER

1041 Sterling Road — Suite 202
Herndon, VA 20170

Return Service Requested

Spring 2016
Begins April 2



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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.

REFER A FRIEND

For each new student you refer by May 17 who completes at least six weeks of a course, you will receive a pass for a free class!

CLASS PACKAGES

Class packages are for three, seven, or ten classes, and expire after five, ten, or fourteen weeks from date of purchase respectively. These classes will be treated as drop-in classes, and all drop-in class policies will apply. Please see page 5 for more information.

To use a class in your package, check-in at the front desk each visit and get a receipt to take to the instructor of your class.

Packages may be purchased online, by phone, or at our front desk.

NUMBER OF CLASSES	COST	EXPIRATION
3 classes	\$55.50	5 weeks
7 classes	\$126	10 weeks
10 classes	\$180	14 weeks