



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 Yoga and related disciplines.

SPRING 2011 HIGHLIGHTS

WORKSHOPS:
Assisting, Low Back4

SHORT COURSES:
Yoga Spectrum,
Meditation, Silent
Practice, Scoliosis,
Introduction5

Virginia Yoga Week....10

SAMPLE CLASSES12

Registration Begins
March 7

Classes Begin
April 16

Transformation

When I was little, my family had the same dinner every Sunday evening: steak, baked potatoes, peas, salad, and then ice cream with strawberries for dessert. It was such a constant in my life that I never thought to question it. Sunday was Steak Night.

One Sunday when I was five or six years old, my best friend asked what I was going to have for supper. I did not understand his question because I had never considered it was possible for anyone to have anything besides my family's regular Sunday meal. We got into a fight when he said his family was having chicken and I refused to believe him.

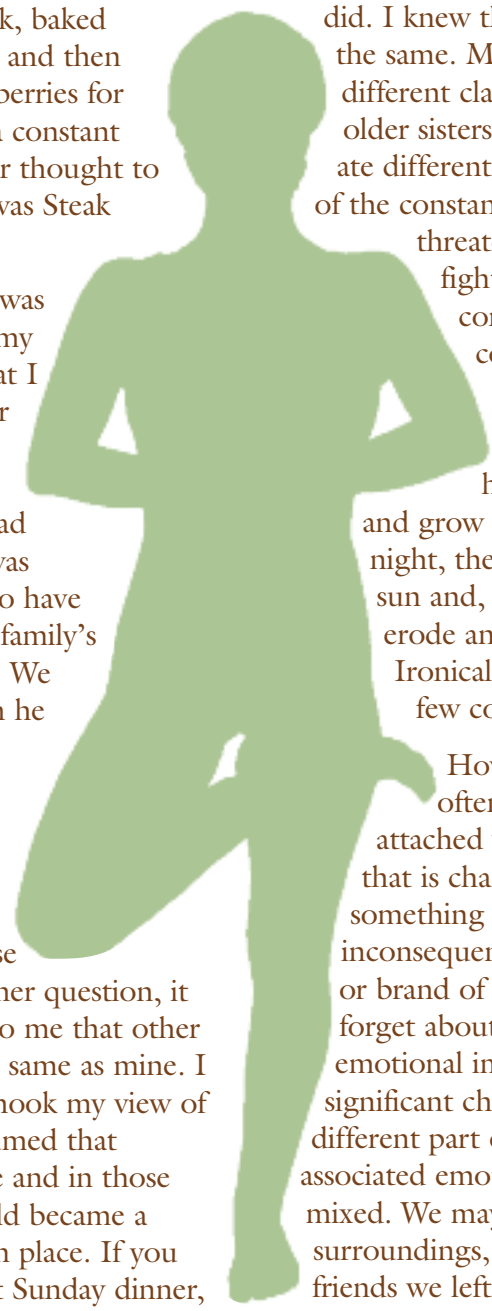
I have not forgotten this argument because until my friend's dinner question, it had never occurred to me that other families were not the same as mine. I was stunned and it shook my view of the world. I had assumed that everyone was like me and in those few minutes the world became a much more uncertain place. If you cannot be sure about Sunday dinner, what can you trust?

Looking back on it now, I am slightly surprised this upset me as much as it did. I knew that everybody was not the same. My friend was in a different class at school, he had older sisters and I did not, and we ate different lunches. Yet when one of the constants in my life was threatened, I was ready to fight for it rather than concede that it was not a constant after all.

Everything changes; we move to different houses, find new jobs, and grow older. Day becomes night, the earth spins around the sun and, over centuries, rocks erode and mountains form.

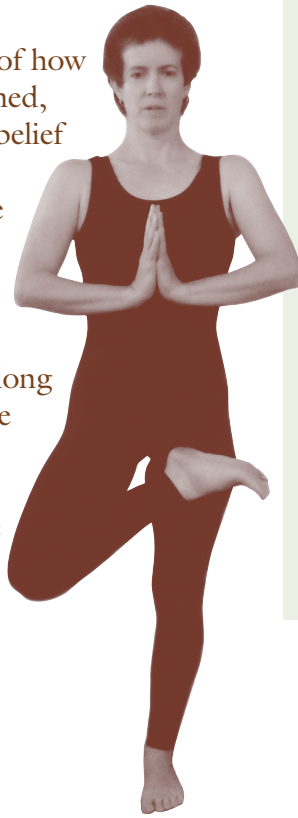
Ironically, change is one of our few constants.

How we handle a change often depends upon how attached we are to whatever it is that is changing. If we alter something relatively inconsequential, like our dish soap or brand of paper towel, we quickly forget about it because there is no emotional impact. When there is a significant change, like moving to a different part of the county, the associated emotions can be quite mixed. We may enjoy our new surroundings, but also miss the friends we left behind. It may take us some time to adjust.



When a basic belief or an understanding of how the world works is questioned or threatened, often our response is to hang on to that belief with everything that we have. It is much easier to continue in the way in which we have become accustomed than to accommodate changes to our views of the world.

Sometimes, when the evidence against a long held belief is too great, we have no choice but to change; it is impossible to do otherwise. We remember these moments because they transform us and we see the world in a new way. The catalyst may be something as simple as a steak dinner, but the results last a lifetime.



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. A former Anusara® certified instructor, Susan has studied with many world-class Anusara and Iyengar teachers. 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.

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. 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.

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 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.

ACCESSING YOUR CORE focuses on the powerful and deep muscles in the abdominal region. These muscles increase endurance in yoga poses and strengthening them may free you from common injuries on and off the mat. Core work also helps you emotionally and energetically, supporting you in your spiritual path and making you more resilient in life's ups and downs. Appropriate for students Yoga 2 and above.

MIXED LEVEL YOGA students will practice a variety of yoga poses to strengthen, stretch, and relax. Variations of the poses will be offered so all

students can work at their own levels. This class is an excellent way to end the weekend and prepare for the week ahead. Appropriate for students who are Yoga 2 and above.

MOVEMENT, BREATH AND MEDITATION

Explore all three major components of the classical yoga practice each week in this Anusara class: focused and basic movement to open and strengthen, breathing techniques to expand and direct the flow of energy within, and guided meditation to create a quiet, vast sky of mind. Suggested for students who have completed at least 3 sessions of Yoga 2. Inversions will not be practiced in this class. No make-ups or drop-ins after Week 7 due to the progressive teaching of breathing practices.

VINYASA FLOW 1 is a continuous series of postures and Sun Salute variations connected with the breath. This style of practice is heating, vigorous and challenging. Recommended for students who have completed at least one session of Yoga 2-3 or above (or who have past Vinyasa experience), are in good health and free of major injuries.

VINYASA FLOW 2 builds on the strength, stamina, and flexibility gained in Vinyasa Flow 1. Sequences are more challenging and move at a faster pace. The pace and intensity progress as the

session continues. Recommended for students who have completed at least three sessions of Vinyasa 1 and who can move repetitively between Chaturanga and Urdhva Mukha Svanasana. Suggested as a make up class for Yoga 3 and Yoga 4 students who are able to move into headstand and handstand at the wall. No serious physical injuries or limitations.

YIN YANG YOGA is a combination of quiet stationary poses and flowing sequences of poses. The Yin practice is designed to work our connective tissues and to protect the health of our joints. The Yin practice is a perfect complement to the more muscular, movement-oriented Yang practices of yoga which include Sun Salutes, Vinyasas, and Paul Grilley's Tai-chi/Yoga Flows. This class is suitable for students who have completed at least one session of Yoga 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 LIL 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.

YOGA FOR KIDS (ages 7-11) 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.

Workshops

THE ART OF ASSISTING with Susan Saturday, May 7: 1:00 – 3:00 p.m., \$30

Teaching yoga is an art and one of the most powerful tools is making hands-on adjustments. The ability to see a misalignment and then adjust the person into a more optimal position is what makes yoga come alive for many students. This workshop will focus on hands-on adjustments in seated forward bends and twists. Appropriate for teachers and students in teacher training programs. The poses addressed in this workshop will be different than the poses covered in the previous workshop. Those who register by April 28 will have an opportunity to request poses and adjustments. 2 CEUs

YOUR LOW BACK AND YOGA with Dianne Sunday, May 15: 1:30 - 3:30 p.m., \$30

Is there a pain in your back? Do you wonder what yoga poses are okay or which ones will create discomfort? Come to learn! Dianne has worked personally and therapeutically with John Friend for several years studying anatomy and safe movement for students with lumbar disk injuries and muscle strains. Don't wonder and don't worry any more. Know how to modify basic poses to assure your safety. Students with low back injuries and those who have undergone surgery are welcome — suggested level of practice is Yoga 1-2 minimum. Teachers welcome too. 2 CEUs.

Yoga Center Notes

- Tracy has become busy with her job and two small children so she is giving up her classes. We hope to see her subbing occasionally.
- 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.

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.

Yoga classes at The Health Advantage Yoga Center are based on the Anusara® style taught by John Friend and the Iyengar style developed by B.K.S Iyengar. Courses are heart-oriented and spiritually inspiring with a focus on each person's optimal alignment in the poses. Classes are taught progressively and instructors encourage students to listen to their bodies and move 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.

Upcoming Events

June 12 at 7:00 p.m.:

Doug and Susan will discuss the 2011-2012 teacher training program.

July 6-10: A workshop with Judith Lasater

September 10, 2011: Teacher Training begins

OUT OF TOWN WORKSHOPS WITH DOUG KELLER

April 7-9 Seattle, Washington

April 15-17 Phoenix, Arizona

April 22-24 Portland, Oregon

April 29-May 1 Columbus, Ohio

May 6 Columbia, Maryland

May 13-15 Birmingham, Alabama

May 19-22 Asheville, North Carolina

June 2-5 Alvanu, Switzerland

June 17-19 Chapel Hill, North Carolina

June 23-25 Portland, Maine

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

Short Courses

A great way to try something new!

YOGA SPECTRUM with Pat P.

Tuesdays: April 19 – June 7: 5:45-7:15 p.m.
Eight weeks: \$128

Hatha Yoga, which is the physical practice of yoga, includes many different styles. This course will explore various types of yoga within the Hatha Yoga spectrum. Open to students who are in Yoga 1-2 and above. Make-ups and drop-ins welcome.

April 19, 26: Movement and breath through Viniyoga sequences and Krishnamacharya's Vinyasa Krama.

May 3, 10: Movement and breath through Somatic Yoga which retrains muscles and the nervous system in order to create better body awareness as well as support greater alignment and balance.

May 17: Mudras and how to incorporate them in your asana practice.

May 24: Zen and Qi Flow Yoga combines tai chi and yoga flows.

May 31: Tonglen Meditation and Tibetan Heart Yoga blends the inner (meditation, wisdom, thoughts) with the outer (physical postures and breath).

June 7: Kum Nye, a Tibetan Yoga style which uses gentle movement and breathing techniques to harmonize and integrate mind and body. This is a healing practice designed to reduce stress and balance emotions.

LEARN TO MEDITATE with Janet

Tuesdays: April 19 – June 7: 7:30-9:00 p.m.
Eight weeks: \$128

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

SILENT PRACTICE with Mary

Wednesdays: 5:45 – 7:15 p.m.
April 20, May 18, June 15
Three weeks: \$48

We have so much noise in our lives and often times of silence can be a blessing, allowing us to touch our stillness within. Each class will cover a variety of poses in the format of our silent classes: the instructor demonstrates a pose and then the class repeats the pose. Appropriate for students who have completed at least two sessions of Yoga 2. Make-ups and drop-ins welcome.

YOGA FOR SCOLIOSIS with Angelika

Wednesdays: 5:45 – 7:15 p.m.
April 27, May 11, May 25, June 8
Four weeks: \$64

This series is geared towards students with scoliosis. It takes time and patience to understand the twists and turns of a spine with scoliosis. This course gives you the opportunity to explore poses that relieve discomfort and tightness. With two week intervals between sessions you have the necessary time to practice and to experience the effects of the presented poses. At the end of the course you will have created your own syllabus for a short home practice. All levels welcome. Since this class will progress, drop-ins and make-ups are only permitted in the first class.

INTRODUCTORY YOGA SHORT COURSE with Susan

Saturdays: May 21-June 25: 10:45 a.m. – 12:15 p.m.
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 June 5. Registration for this short course will begin May 1.

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.

Spring 2011 Schedule

CLASSES FILL QUICKLY!
Register soon to avoid disappointment

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

Yoga courses are 11 weeks: April 16 to July 1
Teen Yoga course is 8 weeks: April 17 to June 5

Kids Yoga courses are 8 weeks: April 17 to June 10
Lil Kids Yoga courses are 8 weeks: April 22 to June 10

Monday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Yoga 1	Pat P.
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	Mary
5:45-7:15 pm	Vinyasa Flow 1	Dianne
7:30-9:00 pm	Gentle Yoga 1	Kelly K.
7:30-9:00 pm	Yoga 2	Janet
7:30-9:00 pm	Yoga 2-3	Doug
7:30-9:00 pm	Vinyasa Flow 2	Dianne

Tuesday

10:00-11:30 am	Gentle Yoga 1	Kelly K.
10:00-11:30 am	Yoga 2	Kelly C.
10:00-11:30 am	Yoga 3	Kathy
4:00-5:30 pm	Movement, Breath & Meditation	Dianne
5:45-7:15 pm	Yoga 1-2	Kelly C.
5:45-7:15 pm	Yoga 2	Kelly K.
5:45-7:15 pm	Yoga 4	Doug
5:45-7:15 pm	Yoga Spectrum*	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	Meditation*	Janet

Wednesday

10:00-11:30 am	Yoga 1	Susan
10:00-11:30 am	Yoga 1-2	Kelly K.
10:00-11:30 am	Accessing Your Core	Kelly C.
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
5:45-7:15 pm	Silent Practice*	Mary
5:45-7:15 pm	Yoga for Scoliosis*	Angelika
7:30-9:00 pm	Yoga 1	Mary
7:30-9:00 pm	Yoga 1-2	Janet
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 1-2	Pat P.
7:30-9:00 pm	Yoga 3	Jan
7:30-9:15 pm	Yoga 4	Susan

Friday

10:00-11:30 am	Yin Yang Yoga	Pat P.
3:30-4:15 pm	Lil Kids Yoga	Mary
4:30-5:45 pm	Kids Yoga	Mary

Saturday

9:00-10:30 am	Yoga 1	Karuna
9:00-10:30 am	Yoga 1-2	Dianne
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	Dianne
10:45 am-12:15 pm	Yoga 3	Janet
10:45 am-12:15 pm	Intro. Short Course*	Susan

Sunday

9:00-10:30 am	Yoga 2	Angelika
9:00-10:30 am	Yoga 3	Jennifer B.
10:45 am-12:15 pm	Yoga 1	Angelika
10:45 am-12:30 pm	Yoga 4	Jennifer B.
4:00-5:30 pm	Teens Yoga	Pat P.
4:00-5:30 pm	Mixed Level Yoga	Jennifer Z.
5:30-6:45 pm	Kids Yoga	Mary

Office hours are Monday through Thursday, 9:00 a.m. - 2:00 p.m. and Friday 10:00 a.m. - noon.
Classes will be held on all holidays falling within the Spring session.

*Short Course. Please see page 5 for more information.

Class Listings

Gentle Yoga 1

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

Gentle Yoga 2

Tuesday	7:30 pm
Thursday	10:00 am

Yoga 1

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

Yoga 2

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

Yoga 2-3

Monday	7:30 pm
Tuesday	7:30 pm
Thursday	5:45 pm
Saturday	9:00 am

Yoga 3

Tuesday	10:00 am 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
Thursday	10:00 am 7:30 pm
Sunday	10:45 am

Accessing Your Core

Wednesday	10:00 am
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Mixed Level Yoga

Sunday	4:00 pm
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Movement, Breath & Meditation

Tuesday	4:00 pm
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Vinyasa Flow 1

Monday	5:45 pm
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Vinyasa Flow 2

Monday	7:30 pm
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Yin Yang Yoga

Friday	10:00 am
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Prenatal Yoga

Thursday	5:45 pm
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Lil Kids Yoga

Friday	3:30 pm
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Kids Yoga

Friday	4:30 pm
Sunday	5:30 pm

Teens Yoga

Sunday	4:00 pm
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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.

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.

MAKE-UPS: We strongly encourage students to get the full experience of their course by making up any classes missed. Classes cancelled due to inclement weather may be made up during the session. Missed classes can **only** be made up during the current session at the same level or lower. There is no need to call ahead to take a make-up class, just come to any appropriate level class and give the instructor your name and regular class. Teen students can make up in Yoga 1 classes if this is their first session of Teens Yoga or in Yoga 1-2 classes if they have taken more than one Teens Yoga class. For information about the short courses, please see page 5.

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. After the first three weeks, drop-ins are not allowed in Gentle Yoga 1, Yoga 1, Lil Kids, Kids, Teens or Prenatal 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. See page 11 for drop-in fees. For information about the short courses, please see page 5.

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.

Instructors



JAN BALDI (RYT 200) began studying yoga in 1990. She completed the HAYC Teacher Training Program and 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.



JENNIFER BRESEMAN (E-RYT 200) has completed the HAYC Teacher Training Program and Levels 1 & 2 Anusara teacher training with John Friend. 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. She travels to Africa annually bringing yoga to people in Liberia. 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 with Betsey Downing and Doug Keller in 2000. In addition, Kathy holds certifications from the American College of Sports Medicine and the American Council on Exercise. She has attended workshops with Kaustaub Desikachar, Erich Schiffman, David Frawley, John Friend, Judith Lasater, and completed the Radiant Child Yoga Program in 2008. She earned a BFA from Virginia Commonwealth University and has worked and volunteered in the health and fitness industry for more than nineteen years. Kathy has completed the 500 hour teacher training program at the Himalayan Institute.



DIANNE FALK (E-RYT 200) is an experienced instructor and licensed Anusara Inspired teacher who is delighted to study regularly with John Friend and Suzie Hurley. With playful enthusiasm, a good bit of humor, and a great amount of clarity, Dianne encourages her students to learn that the yoga practice is much more than physical movement. Her continuing education includes multiple Anusara Teacher Trainings and Therapy workshops as well as an Iyengar Teacher Training Certificate. Dianne offers therapeutic private sessions to students recovering from injury and absolutely believes that teaching yoga is the best job ever.



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.



JANET KIM (RYT 500) is a former Certified Anusara® Yoga Instructor and 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, John Friend, Desiree Rumbaugh, Rodney Yee, Sarah Powers, and Doug Keller.

Instructors (cont.)



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 and Yin Yoga Teacher Training programs. She is also a Relax & Renew Trainer®. Pat has completed intensive teacher training workshops with Kaustaub Desikachar, John Friend, 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. She completed the HAYC Teacher Training Program with Susan Van Nuys and Doug Keller and Level 1 Anusara Teacher Training with John Friend. She also completed the Radiant Child Yoga Program levels I & II with Shakti Kaur Khalsa and Mini Yogis Teacher Training with Shana Myerson. Mary continues to expand her knowledge of yoga by attending workshops with Senior Anusara teachers as well as Elise Browning Miller, Judith Lasater, and Erich Schiffman. Mary is also a Massage Therapist and is certified in Thai Yoga Massage. Mary's focus is to bring balance and calm into her life and to share this with others.



KARUNA SHINSHO (RYT 200) began studying yoga in 2000 and completed the HAYC Teacher Training Program in 2008. She continues to deepen her knowledge of yoga at HAYC, at workshops, and at teacher trainings in the belief that to be an effective and inspiring teacher one must remain a diligent student. Karuna feels honored to teach yoga and hopes that her students will find it an indispensable tool to find presence, balance, and joy in their often busy lives.



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



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



JENNIFER ZINCK (RYT 200) has been studying yoga since 2002 and graduated from the HAYC Teacher Training Program in 2008. She is a Relax & Renew Trainer® and has taken workshops with Judith Lasater and Jamie Allison. She studies regularly with Susan Van Nuys. Jennifer has a Bachelor's degree in Biology and an M.S. and Ph.D. in Human Nutrition, Foods, and Exercise. She currently works as a project manager in the field of Information Technology and lives with her husband and two young boys.

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

Take a Breath Virginia!

Virginia Yoga Week is in the Air

A celebration of yoga throughout the state

June 12-19

http://www.ashtangadancer.com/VA_yogaweek/index.html



Love Your Body Day*

**June 12 • 10:00 a.m. – 4:00 p.m.
Reston Town Center Pavilion**

Free classes taught by local yoga teachers

Organized by Beloved Yoga

www.belovedyoga.com/community.html

Come visit our table and join us for a fun and informative day!

Karma Yoga Class*

**The Health Advantage Yoga Center
June 18 • 1:00 – 3:00 p.m.**

The class will include poses for moving and strengthening the body, followed by a relaxing and softening practice with Pranayama and meditation.

We will be accepting monetary donations in any amount or you may bring an item from the “wish list” which can be found at

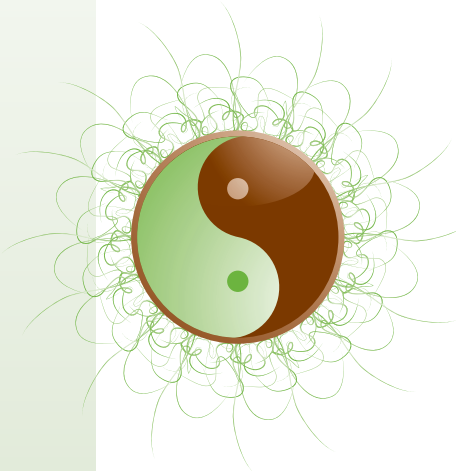
www.restoninterfaith.org/pages/page.asp?page_id=15366

Free Yoga in the Fresh Air

**June 19 • 3:00 – 5:00 p.m.
Historic Old Town Alexandria**

**Benefits Reston Interfaith*

www.restoninterfaith.org



The Health Advantage Yoga Center *Registration*

OFFICE USE ONLY

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

Date _____
 Check _____
 Charge _____
 Cash _____
 Init _____

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	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 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 11 of the brochure.

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

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

Registration Fees & Cancellation Policies

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

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

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

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

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

REFUNDS are given according to the following schedule: until the second class: 100% refund minus the \$45 administrative fee, \$35 for Teens. 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 LIL KIDS REFUNDS are given according to the following schedule: until the second class: 75% refund of the class fee. After the second class: 60% refund of the class fee, after the third class: 50% of the class fee. No refunds are given after the 4th class of the term.

CLASS FEES SPRING 2011 SESSION		
Yoga	\$176	11 weeks
Twice weekly	\$330	11 weeks
1st class is \$16/class; 2nd class is \$14/class		
Teens	\$128	8 weeks
Kids	\$112	8 weeks
Lil Kids	\$96	8 weeks
DROP IN FEES		
Yoga classes for registered students	\$16	
Yoga classes for unregistered students	\$20	
Kids	\$15	
Lil Kids	\$14	

THE HEALTH ADVANTAGE YOGA CENTER

1041 Sterling Road — Suite 202
Herndon, VA 20170



PRSRT STD
US POSTAGE
PAID
MERRIFIELD VA
PERMIT #6445

Return Service Requested

Spring 2011
Begins April 16

Sample Classes

Free sample classes are for new students and for current students bringing a friend who is new to HAYC. You may register online or by telephone for sample classes, 703-435-1571.

Saturday, April 9

9:00-10:30 am	Yoga 1	Karuna
10:45-11:45 am	Gentle Yoga 1	Pat T.

Sunday, April 10

10:45 am-12:15 pm	Yoga 1	Angelika
4:00-5:30 pm	Teens Yoga (<i>ages 12-17</i>)	Pat P.
4:00-5:30 pm	Mixed Level	Jennifer Z.
5:30-6:45 pm	Kids Yoga (<i>ages 7-11</i>)	Mary

Monday, April 11

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

Tuesday, April 12

10:00-11:00 am	Gentle Yoga 1	Kelly K.
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Wednesday, April 13

10:00-11:30 am	Yoga 1	Susan
5:45-6:45 pm	Gentle Yoga 1	Pat T.
7:30-9:00 pm	Yoga 1	Mary

Thursday, April 14

5:45-7:15 pm	Yoga 1	Susan
5:45-7:15 pm	Prenatal Yoga	Jennifer B.

Friday, April 15

3:30-4:15 pm	Lil Kids Yoga (<i>ages 4-6</i>)*	Mary
4:30-5:45 pm	Kids Yoga (<i>ages 7-11</i>)	Mary

** Though the Lil Kids Yoga class is just for kids, parents are welcome to join their child in the sample class.*