



# 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)

SPRING SESSION 2015 — Classes Begin April 6

## Workshops

### **CULTIVATING A HOME PRACTICE with Kathy**

Saturday, April 11: 1:30-3:30 p.m., \$30

What do you love about yoga and what would it mean to you to experience that feeling every day? This workshop will help take you from the classroom to a deeper understanding of yoga and yourself. Through discussion and activity, we will expose the benefits and challenges of a home practice, how to get started, and how to progress. Learn how to customize a routine for your lifestyle and needs. If you need inspiration or want to start a home practice, this workshop is for you. Please bring a notebook with you. Appropriate for students in Yoga 1-2 and above. 2 CEUs

### **YOGA FOR WELLNESS: DIGESTIVE HEALTH with Pat P.**

Sunday, April 19: 1:30-3:30 p.m., \$30

This workshop will explore different ways in which our yoga practice can have an impact on our digestive health. We will practice yoga postures that may balance digestion, and also pranayama, relaxation, and meditation techniques to reduce the stress hormones that contribute to poor digestion or trigger stress eating. These all can be important tools to maintain a healthy, happy digestive system. Open to Yoga 1-2 and above. 2 CEUs

### **MINDFULNESS AND SELF-COMPASSION, THE ART OF BEING KIND TO YOURSELF with Peggy DiVincenzo**

Saturday, April 25: 1:00-4:00 p.m., \$45

In this half-day experiential, practice-based workshop, you will learn the practice of self-compassion, an age-old method of getting through the toughest times of your life. We will cover the difference between empathy and compassion, the value of understanding compassion and putting it to work in your most difficult moments, and clarifying why it is more meaningful and enduring than self-esteem. If you find that you are frequently criticizing or negatively judging yourself, or if you are dealing with difficult life situations, come and learn the ways to mindfully break the cycle of feeling bad about yourself, while learning to be 100% behind yourself. Basic mindfulness meditation technique will be covered. This retreat is appropriate for beginner and advanced level meditators.

*Peggy DiVincenzo is certified as a meditation teacher through the Insight Meditation Community of Washington. She has been a vipassana (insight) meditator since 1980 and has taught individual and group meditation since 2003. Peggy has studied under Tara Brach, Jon Kabat-Zinn, Christopher Germer and Jack Kornfield, among others.*

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## Refer A Friend!

We are pleased to offer our current students Referral Rewards. If you have friends or loved ones who have resolved to make yoga part of their wellness in 2015, there is no better time to refer them to HAYC!

*For each new student you refer in our Spring session who completes a regular course or at least six weeks of a short course, you will receive a pass for a free class!*

*New students must be registered by April 27.* Just ask your referral to fill out a form at the front desk, or you can complete it for them. Your free class pass will be issued at the end of the Spring session.

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## Workshops (cont.)

### **LIVING SUCCESSFULLY WITH CHRONIC PAIN with Erin**

**Saturday, May 2: 1:00-3:00 p.m., \$30**

An estimated 1.5 billion people endure chronic pain each year, with a significant financial and emotional burden placed on sufferers and their caregivers. Focusing primarily on conditions which can benefit from yoga, this workshop will both explore the overlapping features of chronic pain conditions and examine different methods for body, mind, environment, and spirit to mitigate the pain and live more easefully. For both patients and/or those who live with them. No yoga experience necessary. 2 CEUs

### **EXPLORING SOMATIC YOGA FOR THE SPINE with Pat P.**

**Saturday, May 9: 1:00-3:00 p.m., \$30**

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 specifically on the spine and will offer everyone a basic introduction to Somatic Yoga. It will also provide yoga teachers, teacher trainees, and advanced students the skills needed to add Somatic Yoga to their repertoire. Handouts will be provided. All levels welcome. 2 CEUs

### **BUILDING BLOCKS, FITNESS FOR YOGA with Kathy**

**Saturday, May 16: 1:30-3:30 p.m., \$30**

More than a “workout”, yoga asks for our attention and awareness to guide us in our journey to develop strength, flexibility, power, endurance, balance, mental focus, and body consciousness. As we progress in our practice of yoga postures, we may find that additional help is needed to move past specific limitations (Chaturanga anyone?). In this workshop we will take a look at a few common poses, discuss the muscles and structures involved, and learn how to build upon a stable foundation which will allow us to move forward safely and progressively. Appropriate for students in Yoga 1-2 and above. 2 CEUs

### **THE ART OF SEQUENCING with Susan**

**Saturday, June 20: 1:00-3:00 p.m., \$30**

Sequencing poses is both an art and a science; it is a critical skill in developing one’s own home practice and in teaching yoga. Effective sequencing is the key to making yoga safe and enjoyable. Learn basic guidelines of sequencing for your own practice, for teaching a class, and for teaching a series of classes. Bring a notebook and pen. Appropriate for students in Yoga 2 and above. 2 CEUs

## *Short Courses*

### **QUIET YOGA FOR STRESSFUL TIMES with Annette**

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

**April 6 – May 11**

**May 18 – June 22**

**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. All levels are welcome. The two courses will be different. The second course does not build on the first, so you may register for either one or both.

### **ACCESSING YOUR CORE with Heide**

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

**April 6 – May 11**

**May 18 – June 22**

**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.

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## Short Courses (cont.)

### **JUMP START YOUR WEIGHT LOSS with Jennifer**

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

**April 6 – May 11**

**May 18 – June 22**

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

- As you are getting older do you find you are adding on a few pounds?
- Do you miss doing the things you love to do because of lack of energy and extra weight?
- Would you like to start the warmer months feeling healthier?

Although yoga alone is not the answer to healthful living or losing weight, yoga has been found to help with weight loss. The breathing and mind/body connection learned through yoga help to make you more aware of how your body feels.

Join Jennifer for a class designed to help jump start your metabolism, build strength, and get energized in a supportive environment. Jennifer will provide a weekly class syllabus to take home as well as a weekly nutritious recipe. Open to anyone that has taken at least one session of Yoga 1. The two courses will be different. The second course does not build on the first, so you may register for either one or both.

### **YOGA FOR SCOLIOSIS with Angelika**

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

**April 7 – May 26**

**Eight weeks: \$128**

Every curve manifests in a different way, and it takes time and patience to understand the twists and turns of a spine with scoliosis. This course gives you the opportunity

to explore how you can relieve tightness, address the imbalance in your spine and gain strength. All levels welcome. Drop-ins permitted at any point for students who have previously taken a yoga for scoliosis course. No new students after the second class on April 14.

### **YOGA SPECTRUM with Pat P.**

**Saturdays: 9:00-10:30 a.m.**

**April 11– June 13**

**Ten weeks: \$160**

This session 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.

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

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

**May 19 – June 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 June 3. Registration for this short course will begin April 27.

## *Yoga Center Notes*

- Many thanks to everyone who helped support the Cornerstones food drive! Together we donated \$1150 in cash and nonperishable food donations!
- Our short courses and workshops are a great way to try something new. Several of the topics this session were suggested by people who participated in our spring survey. See pages 1-2 for full descriptions of workshops and pages 2-3 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.



## SPRING WEEKEND RETREAT

### **Restore and Renew!**

**May 15-17, 2015**

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.

**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.

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

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

**YOGA 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.

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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.)

**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 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.

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

**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, 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.

**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 2015 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 12 weeks:** April 6 – June 28

**Teen Yoga course is 10 weeks:** April 12 – June 14

**Kids Yoga course is 10 weeks:** April 9 – June 11

### 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	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.
7:30-9:00 pm	Jump Start Your Weight Loss*	Jennifer
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.
5:45-7:15 pm	Yoga for Scoliosis*	Angelika
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.
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	Janet
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	Annette
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
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	Jan
5:45-7:15 pm	Prenatal Yoga	Erin
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.
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### Saturday

9:00-10:30 am	Yoga 1	Erin
9:00-10:30 am	Yoga 1-2	Susan
9:00-10:30 am	Yoga 2-3	Janet
9:00-10:30 am	Yoga Spectrum*	Pat P.
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	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 pages 2-3 for more information.

*Classes will be held on all holidays falling within the Spring session.*

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

# Instructors



**SUSAN VAN NUYS (E-RYT 500)** is the director of The Health Advantage Yoga Center. She has been a yoga practitioner since 1989 and began teaching in 1997. Susan has studied with many world-class teachers, focusing on alignment-based styles. She received a BS degree in computer science and linguistics from the College of William and Mary and she particularly enjoys applying the logic she learned while programming to the progressive teaching of yoga poses. Susan's approach is warm and clear with an appreciation of individual differences.



**JAN BALDI (RYT 200)** began studying yoga in 1990. She completed the HAYC Teacher Training Program and has studied with numerous senior yoga teachers. She is a long time student of John Schumacher who has both influenced her teaching and continues to inspire 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.



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

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## 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.



**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 at HAYC in the early 90’s to help manage migraine headaches, and she completed the HAYC Teacher Training Program in 2010. Jennifer attributes her 35+ lb. weight loss to yoga. Starting in 2005, yoga helped her become stronger and feel like she had more energy to be active. Yoga also helped her become more aware of her body and make conscious decisions about eating healthy foods. 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)

**Total Due**

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

Registration for all students begins on March 9 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

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 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: 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 2015 SESSION

Yoga	\$192	12 weeks
Twice weekly	\$360	12 weeks
1st class is \$16/class; 2nd class is \$14/class		
One-hour class	\$168	12 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 2015  
Begins April 6



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.



### REFER A FRIEND FOR REFERRAL REWARDS.

Get a pass for a free class!  
See page 1 for more information.

### CLASS PACKAGES

You can now purchase class packages. The 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