



# The Health Advantage

## YOGA CENTER

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

SUMMER SESSION 2017 — Classes Begin July 10

## Workshops

### **DECONSTRUCTING SUN SALUTATION with Susan**

Saturday, July 22: 1:00-3:00 p.m., \$30

Sun Salutation is a traditional way to greet a new day. Its series of twelve poses include a forward bend, a backbend, upper body strengtheners, and hip stretches, and it increases strength, stamina, and flexibility. We will examine each of the poses that constitute a Sun Salute and the transitions that connect the poses into a flow. Appropriate for students Yoga 1-2 and above. 2 CEUs

### **THE 411 ON VINYASA 101 with Erin** Saturday, August 5: 1:00-3:00 p.m., \$30

Vinyasa yoga cultivates awareness by linking each action to the next, one breath at a time. In this introduction, students will learn the fundamental tenets and typical postures, transitions, and cues of an alignment-based flow practice. We will break down connecting sequences of postures; discuss the most common misalignments which can lead to injury; and touch on variations and modifications for different physical requirements, spiritual needs, and energy levels. For students who have completed at least one session of Yoga 2 who are curious about this dynamic, transformative practice. No major injuries, please. 2 CEUs

## Short Course

### **YOGA FOR CANCER (Y4C): RETAKING CONTROL OF YOUR OWN BODY with Rita**

Saturdays: 9:00 – 10:30 a.m.

July 15 - August 5

August 12 - September 2

Four weeks: \$64 for each course

With its emphasis on the link between breath and movement, yoga is the ideal exercise for those touched by cancer currently or in the past. This short course is designed to provide a practicum for cancer patients and survivors using the Yoga for Cancer (y4c) methodology. In addition to providing a general sense of well-being, strengthening the body, and improving flexibility, the y4c specific benefits include:

- Improving awareness of the breath and its calming effect on the body and mind
- Detoxifying the body through twists and the “squeeze and soak” action

- Strengthening the immune system and reducing the risk of cancer recurrence
- Improving cardiovascular circulation to enhance circulation of fluids
- Managing and preventing the risk of lymphedema
- Managing weight gain
- Reducing anxiety, fear, and depression symptoms

The classes will focus on addressing the main cancer treatment side effects through stretches, twists, gentle backbends, and restorative inversions with appropriate modifications. Please check with your doctor before enrolling. No previous yoga experience required. Please bring your own mat or a clean towel to cover the mats provided by the studio.

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.



# HAYC SUMMER PICNIC



Sunday, July 16 • 2:00-5:00 p.m.

We enjoyed last year's 25th anniversary celebration so much that we decided to have another gathering this year! We invite you to join us again at the beautiful Walker Nature Center. Please bring your own non-alcoholic beverage and a favorite dish to share. We look forward to a fun afternoon with students, their families and friends, and our instructors. <http://evite.me/CpcquSYDpF>

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



## Yoga Center Notes

- A few changes just for the Summer Session:
  - Kathy Duke is back to teach a new class, Sunrise Yoga, from 6:30 to 7:30 on Wednesday mornings.
  - Shawn will teach the Tuesday morning Yoga 2 class.
  - Erin will teach the Thursday morning Yoga 3 class.
  - We will not be offering the Kids Yoga or the Teens Yoga classes.
- Our workshops and short course are a great way to enhance your weekly yoga practice! Visit our website, [healthadvantageryoga.com](http://healthadvantageryoga.com), for all of the details.
- Private lessons are available. Please call (703) 435-1571 or email us at [yoga@hayc.net](mailto:yoga@hayc.net) 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.
- All HAYC teachers have met RYT and/or E-RYT standards and are registered with the Yoga Alliance. For information about our teachers, please visit our website.

## 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.

**CELLPHONES:** So as not to disturb other students, please turn off your phone when entering the yoga center. If someone will need to reach you, please set your phone on vibrate and keep your phone near you while in class. No texting during class.

**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 the short course may make up in regular classes at the appropriate level, and students in regular classes may make up in the short course if appropriate.

**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.

# 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.

*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 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.

**MAD SKILLS FOR GRACEFUL AGING** We are getting older! There is nothing we can do about that, so in this session we will blend in the mad skills needed to age more gracefully. We will explore how to tailor our yoga practice to enrich our yoga toolbox by focusing on balance, stability, flexibility, and agility through asana, pranayama, and relaxation. Open to students Yoga 1-2 and above.

**PILATES MAT: ACCESSING YOUR CORE** 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.

**SUNRISE YOGA** is an early morning multi-level yoga class that will move through a variety of poses with a different focus each week. Students should be comfortable completing a Sun Salutation. Open to students Yoga 1-2 and above.

*continued on next page*

## Classes (cont.)

**VINYASA FLOW 1** 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.

**VINYASA FLOW 2** builds on the principles and techniques of Vinyasa Flow 1 and moves through more difficult transitions and towards more challenging postures such as full backbends, arm balances, and inversions. Students should be able to move easily through Chaturanga and Upward Facing Dog. Appropriate for students who have taken at least one session of Yoga 3, three sessions of Vinyasa Flow 1, or have the permission of the instructor. No major injuries, please.

**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.

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

**YOGA TECHNIQUES** is a one-hour mixed-level course where we explore a different area of the body or class of pose each week. Open to students who have completed at least one session of Yoga 1-2.

**PRENATAL YOGA** 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. Please obtain your doctor's or midwife's permission in writing before enrolling.

**KIDS YOGA** (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.

## 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 3 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

## Mark Your Calendar

### • February 10 - 17 and 17 - 24, 2018:

Mark your calendars for the HAYC's annual Mexico retreat! Flyers will be available in August.



# Summer 2017 *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  
www.healthadvantageyoga.com • email: yoga@hayc.net

**Yoga courses are 8 weeks: July 10 – September 3**

### 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/Kelly K.
5:45-7:15 pm	Yoga 1-2	Erin
5:45-7:15 pm	Yoga 2	Mary
7:30-9:00 pm	Gentle Yoga 1	Kelly K.

### Tuesday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Gentle Yoga 1	Kelly K.
10:00-11:30 am	Yoga 2	Shawn
10:00-11:30 am	Yoga 3	Mary
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/ Various <sup>∞</sup>

### Wednesday

TIME	CLASS	INSTRUCTOR
6:30 – 7:30 am	Sunrise Yoga	Kathy
10:00-11:30 am	Yoga 1-2	Kelly K.
10:00-11:30 am	Mad Skills for Graceful Aging	Pat P.
10:00-11:30 am	Pilates Mat	Heide/Adriana
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	Patt W.
5:45-7:15 pm	Yoga 3	Susan
5:45-7:15 pm	Vinyasa Flow 2	Erin
7:30-9:00 pm	Yoga 1	Shawn
7:30-9:00 pm	Yoga 1-2	Patt W.
7:30-9:00 pm	Yoga 2	Susan
7:30-9:00 pm	Vinyasa Flow 1	Erin

### Thursday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Gentle Yoga 2	Kelly K.
10:00-11:30 am	Yoga 2	Cheryl
10:00-11:30 am	Yoga 3	Erin
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	Angelika
5:45-7:15 pm	Prenatal Yoga	Erin
7:30-9:00 pm	Yoga 3	Angelika
7:30-9:15 pm	Yoga 4	Susan

### Friday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Yin Yoga	Pat P.

### Saturday

TIME	CLASS	INSTRUCTOR
9:00-10:30 am	Yoga 1	Erin
9:00-10:30 am	Yoga 1-2	Angelika
9:00-10:30 am	Yoga for Cancer (y4c)*	Rita
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

TIME	CLASS	INSTRUCTOR
9:00-10:30 am	Yoga 2	Cheryl
9:00-10:30 am	Yoga 3	Erin
10:45 am-12:15 pm	Yoga 1	Cheryl
10:45 am-12:30 pm	Yoga 4	Erin

\* Short Course. Please see page 1 for more information.

<sup>∞</sup> Various: Susan, Angelika, or Erin

**OFFICE HOURS:** Monday through Thursday, 9:00 a.m. - 1:00 p.m. • Friday, 10:00 a.m. - noon.

# The Health Advantage Yoga Center *Registration*

## OFFICE USE ONLY

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

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

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone/H (\_\_\_\_) \_\_\_\_\_ Phone/W (\_\_\_\_) \_\_\_\_\_ Phone/C (\_\_\_\_) \_\_\_\_\_  
 Email \_\_\_\_\_

### PLEASE LIST EACH CLASS

CLASS 1	Level	Day	Time	Instructor	Fee
		2nd choice if full			
CLASS 2	Level	Day	Time	Instructor	Fee
		2nd choice if full			
WORKSHOPS	Workshop	Day	Time	Instructor	Fee
\$10 Discount per class for seniors 60 and over (for full session only)					
<b>Total Due</b>					

Registration for **all** students begins on June 12 at 8:00 a.m.

By registering for a class you agree to adhere to our policies stated on page 7 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 \_\_\_\_\_

YogaReg \_\_\_\_\_

## Registration Fees & Cancellation Policies

**REGISTRATION:** Register for classes and workshops online, in person, or by mail, 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 a \$45 administrative fee, \$35 for the one-hour class. After the second class: 60% refund of the class fee; after the third class: 50% of the class fee. No refunds are given after the fourth class. Refunds are processed in the fourth week of the session.

**SHORT COURSE 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.

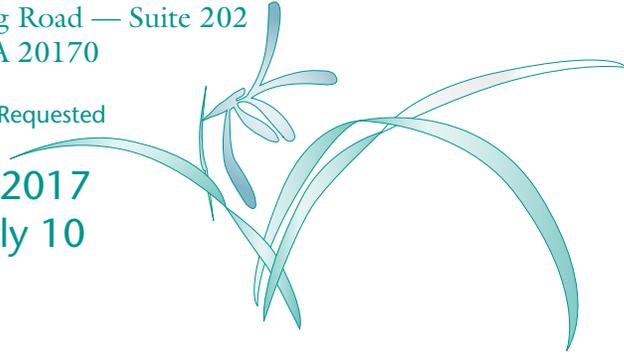
CLASS FEES		
SUMMER 2017 SESSION		
Yoga	\$128	8 weeks
Twice weekly	\$240	8 weeks
1st class is \$16/class; 2nd class is \$14/class		
One-hour class	\$112	8 weeks
DROP-IN FEES		
Yoga class for registered students		\$16
Yoga class for unregistered students		\$20
One-hour class for registered students		\$14
One-hour class for unregistered students		\$16

**THE HEALTH ADVANTAGE YOGA CENTER**

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Herndon, VA 20170

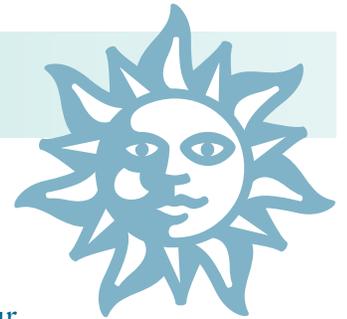
Return Service Requested

Summer 2017  
Begins July 10



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

## *Summer Fun with HAYC!*



### **Rise and Shine!**

We now offer Sunrise Yoga with Kathy Duke  
Wednesdays, 6:30 - 7:30 a.m.

Add an extra hour of yoga to your weekly practice with our  
Wednesday wakeup call!

Please see page 4 to learn more

### **Refer a Friend**

Have you earned a reward yet? For each new student you refer by July 30  
who completes at least six weeks of a course, you will receive a pass for a free class!

## **First Classes Are Always Free to New HAYC Students!**

Please see page 3 to learn more

## **We Are Having a Party...and You Are Invited!**

Please see page 2 for information and the Evite link.