



The Health Advantage

YOGA CENTER

1041 Sterling Rd., Suite 202 • Herndon, VA 20170 • 703-435-1571 • www.healthadvantageyoga.com

FALL SESSION 2016 — Classes Begin September 8

Workshops

YOGA FOR WELLNESS: MAD SKILLS FOR GRACEFUL AGING with Pat P.

Saturday, September 24: 1:00 - 3:00 p.m., \$30

Mad skills: To be capable of doing amazing and unexpected things. To have good skills.

This workshop will explore different ways our yoga practice can contribute to improving balance, stability, flexibility, and agility in our lives through asana, pranayama, and relaxation. These important skills will help to boost energy and reduce stress, and are a must for everyone's yogic toolbox. Open to Yoga 1-2 and above. 2 CEUs

PARTNER PRENATAL YOGA with Erin

Sunday, September 25: 3:30 - 5:30 p.m.

Single registration: \$30

Pair registration: \$50

Birth should be a naturally joyous occasion, but fear and anxiety can also be part of the natural reactions to the anticipation and experience of childbirth. Studies have shown that a supportive presence during labor can make a world of difference, but partners may want suggestions on how best to help. Join us in this partner prenatal workshop and learn breathing techniques, yoga poses, visualizations, relaxation techniques, and birthing postures to physically, mentally, and emotionally aid the expectant mother. Have fun and enhance your bond with each other and the growing baby. 2 CEUs

PRANAYAMA with Kathy

Saturday, October 15: 1:30 - 3:30 p.m., \$30

Prana is the yogic term for our vital energy force, and pranayama describes a series of techniques using the breath to control the flow of prana in the body. Just as we are able to exercise our body with postures, we are able to exercise our breath and cultivate an awareness of this complex and vibrant system of inner energy. In this workshop learn how the practice of conscious breath control strengthens the respiratory system and improves

mental concentration. Explore a variety of pranayama techniques through practice, demonstration, and discussion. 2 CEUs

YOGA FOR SCOLIOSIS: STANDING POSES with Angelika

Saturday, October 29: 2:00 - 4:00 p.m., \$30

By working with basic standing poses, you gain strength and insight into alignment. Learn how you can modify these poses so that they are beneficial to your specific curvature. We will round out the workshop with some back-strengthening poses, simple twists, and breath awareness. Appropriate for students in Yoga 1-2 and above. 2 CEUs

YOGA AND SLEEP with Kathy

Saturday, November 5: 1:30 - 3:30 p.m., \$30

The value of good sleep is reflected in our health and energy levels. When we are well-rested, our immune system functions better, our minds are clearer, and we have plenty of energy throughout the day. Can yoga play a role in our sleep patterns? Research is indicating yes, both yoga and sleep are associated with an increase in parasympathetic activity. Whether you have trouble falling asleep or wake in the night, learn what kinds of postures, activity, and breathwork are helpful to establish optimal sleeping conditions for you. All levels welcome. 2 CEUs

SEEKING JOY: AN AFTERNOON OF EXPERIENTIAL INQUIRY with Peggy DiVincenzo, LPC

Saturday, November 12: 1:30 - 5:00 p.m., \$55

Have you ever wished you could be happier in your life right now, instead of having to wait until later, when everything is "just right"? Come and spend the afternoon discovering the keys to your happiness through meditation and inquiry. We will consider the differences between happiness, joy, and contentment, and use experiential awareness to understand how living

continued on next page

Workshops (cont.)

with intention can increase passion and joy. We will also look at the neuroscience behind happiness and how understanding this provides the opportunity to “practice” more joy. This workshop is open to beginner through advanced meditators. Basic meditation instruction will be presented.

Peggy DiVincenzo, LPC, LMFT has practiced vipassana, or insight meditation, since 1980, and is a certified meditation teacher through the Insight Meditation Community of Washington. She is professionally trained in Mindfulness-Based Stress Reduction with Jon Kabat-Zinn, and has studied with meditation teachers from various traditions. Peggy has taught mindfulness meditation groups at The Health Advantage Yoga Center and at community mental health centers, and has taught individuals through her private practice in Centreville, Virginia.

BLACK FRIDAY TURKEY BURN with Pat P. Friday, November 25: 11:00 a.m. - 1:00 p.m., \$30

Join us for a two-hour post-Thanksgiving yoga practice. Breathe, stretch, twist, and flow in a practice designed to detox, and stimulate digestion and metabolism. Burn those extra holiday calories! All levels welcome. 2 CEUs

YOGA NIDRA with Janet Saturday, December 3: 1:00 - 3:00 p.m., \$30

Imagine an hour of guided deep relaxation. Yoga Nidra is a technique designed to restore you physically, mentally, emotionally, and energetically. It is set apart from other forms of meditation and relaxation by the repetition of an intention, which is thus set in the conscious and subconscious mind. The result: resolve is strengthened and positive outcomes are more assured. Recharge your batteries and set your intentions at the cellular level! Wear loose-fitting, warm clothing, and bring your favorite soft pillow. A mild yoga practice precedes the meditation. No yoga experience necessary. Bring a friend! 2 CEUs

EXPLORING SOMATIC YOGA with Pat P. Saturday, December 10: 1:00 - 4:00 p.m., \$45

Somatic Yoga is a holistic body-centered practice designed to assist people in integrating and transforming self. A key component is retraining the brain towards releasing chronic muscular tension by moving with conscious awareness and by being attentive to the internal sensations. Visualization, meditation, breathing, and relaxation exercises are also important elements. This workshop will focus on the spine, neck, and shoulders, and will offer yoga teachers, teacher trainees, and advanced students a basic introduction and the skills needed to add Somatic Yoga to their repertoire. Handouts will be provided. 3 CEUs

WINTER SOLSTICE KARMA YOGA EVENT with Kathy and Pat P.

Sunday, December 18: 4:30 - 6:00 p.m.
Appreciation and donation class

With our deepest appreciation for your ongoing support of the studio, we invite you to join us as we celebrate the end of another great year. The Winter Solstice Workshop will be our thank you gift to you.

The winter solstice, the period when the sun is physically closest to the horizon, is also a celebration of the transformation of darkness into light. Shorter periods of daylight represent a time for quiet reflection, creating new resolves and nurturing new beginnings. Join Pat and Kathy for a class celebrating a replenishment and renewal of spirit through the practice of yoga during the year's longest night. The class will include traditional and yin yoga poses in a sequence designed to heal and transform. All proceeds benefit Stillbrave, a local charity committed to helping the families of children battling cancer.

www.stillbrave.org

Yoga Center Notes

- From early October until the end of the session, we will collect food and personal items for Cornerstones' food pantry. Donations will be taken to Cornerstones weekly.
- Our short courses and workshops are a great way to try something new. See pages 1 and 2 for full descriptions of workshops and page 3 for short courses.
- Private lessons are available. Please call or email for information.
- We need five registered students to hold a session of classes. If the course for which you have registered has fewer than five students, the class may be canceled. You will be notified and we will try to find another class for you.
- 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.

Short Courses

PRENATAL YOGA with Erin

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

September 8 - October 13: Six weeks: \$96

October 27 - December 15: Seven weeks: \$112

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

PILATES MAT: ACCESSING YOUR CORE with Heide

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

September 14 - October 26: Seven weeks: \$112

November 16 - December 21: Six weeks: \$96

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.

YOGA AND MINDFUL EATING with Amy

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

September 16 - October 21

Six weeks: \$96

Materials fee: \$10

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

Each class will begin with a mild yoga practice followed by instruction on the concepts of mindful eating along with practical exercises. The yoga portion will be appropriate for students at all levels and will focus on learning ways

to combat stress in the moment, as well as fostering a stronger mind/body connection.

No new students after the first class. A \$10 materials fee by cash or check is due to the instructor at the first class.

VINYASA FLOW 2 with Erin

Sundays: 4:00 - 5:30 p.m.

October 2, November 6, December 4

Three classes: \$48

A playful short course which builds on the principles and techniques of Vinyasa Flow 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, or have the permission of the instructor. No major injuries, please.

INTRODUCTORY YOGA SHORT COURSE with Erin

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

November 8 - December 20

Seven weeks: \$112

Combining elements of both our Gentle Yoga and Yoga 1 classes, this introductory short course is designed for students who are new to yoga. Each class will include basic stretching and strengthening poses, breathing, and relaxation. This is a perfect way to begin a yoga practice for those who missed our initial registration this session. Drop-ins permitted during the first three weeks of this course. Students in this class may make-up in Gentle Yoga 1 classes after November 22. Registration for this short course will begin October 5.

QUIET YOGA FOR STRESSFUL TIMES with Patt W.

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

November 14 - December 19

Six weeks: \$96

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.

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 Yoga 2 and one session of Yoga 2-3 before taking Yoga 3.

YOGA 4/ADVANCED is for students who are capable of holding a freestanding headstand, can do a full arm balance (handstand) alone at the wall, and who can push up into Urdhva Dhanurasana (Upward Facing Bow Pose) with straight arms. Regular practice is expected. Permission of the instructor is required.

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

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

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

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

YOGA FOR THE FLEXIBLE OF MIND is designed for people who would like yoga to be a part of their healthy aging process. If you have been doing yoga for a little while and your mind is interested in yoga, but you are not sure if your body is flexible enough or you are not interested in progressing to the upper levels, this is the class for you. Each class will focus on a different body area or different type of pose with an emphasis on stretching, strengthening, and balance. We will warm up the body slowly and encourage the mind to stay open to the possibilities. If your mind is flexible, you can do yoga! This class is appropriate for students who have completed at least one session of Yoga 1.

Please do not attend class if you have a contagious condition. HAYC has a flexible make-up policy and we will welcome you back when you have recovered.

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Classes (cont.)

YOGA 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.

Upcoming Events

- **September 2016 - September 2017:** HAYC's next teacher training program with Susan and Angelika will be held at East Meets West in Vienna. See our website or call for a brochure.
- **February 11 - 18 and 18 - 25, 2017:** Mark your calendars for the HAYC's annual Mexico retreat! Flyers will be available in August.

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 short courses may make up in regular classes at the appropriate level, and students in regular classes may make up in appropriate short courses.

DROP-IN AND CLASS PACKAGES: Drop-ins are allowed for students who are currently enrolled and wish to take an extra class, or for students who are not enrolled but have completed an equivalent level of alignment-based yoga. Class packages are treated as drop-in classes, but are purchased as a group and are only valid for a set time period after the date of purchase.

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

WEATHER: If classes have to be cancelled due to inclement weather, there will be an announcement on the answering machine one hour before the class is scheduled to begin. If you hear our normal message, we are holding classes as usual.

Fall 2016 Schedule

CLASSES FILL QUICKLY!
Register soon to avoid disappointment

THE HEALTH ADVANTAGE YOGA CENTER

1041 Sterling Road, Suite 202 • Herndon, VA 20170 • 703-435-1571

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

Yoga courses are 15 weeks: Sept. 8 to Dec. 23

Teens Yoga course is 11 weeks: Sept. 11 to Nov. 20

Kids Yoga course is 10 weeks: Sept. 15 to Nov. 17

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/Annette
12:15-1:45 pm	Yoga for the Flexible of Mind	Carol Ann
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*	Patt W.
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	Mary
10:00-11:30 am	Yoga 3	Kathy
12:00-1:00 pm	Yoga Techniques	Susan
5:45-7:15 pm	Yoga 2	Kelly K.
5:45-7:15 pm	Yoga 3	Pat P.
7:30-9:00 pm	Gentle Yoga 2	Kelly K.
7:30-9:00 pm	Yoga 2-3	Pat P.
7:30-9:00 pm	Yoga 3	Doug/Kathy
7:30-9:00 pm	Intro. Yoga Short Course*	Erin

Wednesday

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

Thursday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Gentle Yoga 2	Kelly K.
10:00-11:30 am	Yoga 2	Kathy
10:00-11:30 am	Yoga 3	Kelly C.
10:00-11:45 am	Yoga 4	Susan
4:30-5:30 pm	Kids Yoga	Mary
5:45-7:15 pm	Yoga 1	Susan
5:45-7:15 pm	Yoga 2	Pat P.
5:45-7:15 pm	Yoga 2-3	Angelika
5:45-7:15 pm	Prenatal Yoga*	Erin
7:30-9:00 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.
10:00-11:30 am	Yoga and Mindful Eating*	Amy

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 2-3	Janet
10:45 am-12:15 pm	Gentle Yoga 1	Pat T.
10:45 am-12:15 pm	Yoga 2	Erin
10:45 am-12:15 pm	Yoga 3	Janet
10:45 am-12:15 pm	Yoga Spectrum	Pat P.

Sunday

TIME	CLASS	INSTRUCTOR
9:00-10:30 am	Yoga 2	Cheryl
9:00-10:30 am	Yoga 3	Angelika
10:45 am-12:15 pm	Yoga 1	Cheryl
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.
4:00-5:30 pm	Vinyasa Flow 2*	Erin

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

There will be no classes on Thanksgiving Day, Thursday, November 24 or on Friday, November 25. Classes will resume on Saturday, November 26.

OFFICE HOURS: Monday through Thursday, 9:00 a.m.-2:00 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)					
Total Due					

Registration for **all** students begins on August 15 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 the \$45 administrative fee, \$35 for the one-hour class. After the second class, 70% refund of the class fee; after the third class, 60% of the class fee; after the fourth class, 30% of the class fee. No refunds are given after the fifth class. Refunds are processed in the sixth week of the term. Class fees cannot be transferred to another session.

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

CLASS FEES

FALL 2016 SESSION

Yoga	\$240	15 weeks
Twice weekly	\$450	15 weeks
1st class is \$16/class; 2nd class is \$14/class		
One-hour class	\$210	15 weeks
Teens	\$176	11 weeks
Kids	\$140	10 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
Kids	\$15

THE HEALTH ADVANTAGE YOGA CENTER

1041 Sterling Road — Suite 202
Herndon, VA 20170

Return Service Requested

Fall 2016
Begins September 8



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 each new student you refer by November 9 who completes at least six weeks of a course, you will receive a pass for a free class!

CLASS PACKAGES

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

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

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

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