



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

FALL SESSION 2017 — Classes Begin September 7

Workshops

MINDFUL EATING with Amy Fuller

Sunday, September 17: 1:00-4:00 p.m., \$45

The practice of mindful eating will help you tune into your feelings and thoughts before, during, and after you eat. Learn to become more aware of your innate physical hunger as well as the subtle signals that tell you that you have eaten enough. Gain self-control by recognizing the triggers that lead to emotional eating and learn to eat with mindful attention to fully enjoy your food.

With an emphasis on self-compassion, we will practice gentle yoga and breathing exercises to reinforce lessons on the core concepts of mindful eating. Open to all levels.

HANDSTAND DECONSTRUCTED with Susan Van Nuys

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

Inversions can be fun! It is just a matter of figuring out how to get upside down. We will approach handstand progressively and safely with warm-ups and preparatory poses that will prepare you physically and mentally for the final pose. Appropriate for students who have completed at least two sessions of Yoga 2. No wrist, elbow, shoulder, or eye injuries. 2 CEUs

PRANAYAMA with Kathy Duke

Saturday, November 4: 1:00-3:00 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

THE ART OF RELAXATION with Pat Pao

Saturday, November 18: 1:00-3:00 p.m., \$30

The practice of active relaxation and stress reduction in yoga can be achieved through many different techniques. Since we all come from different life experiences, this workshop will be a chance to explore which techniques work best for you. Learn relaxation through:

- Breathing (Pranayama)
- Restorative yoga
- Guided physical relaxation
- Relaxation through guided imagery
- Meditation

This workshop will be a great way to de-stress from our very hectic world. No yoga experience necessary. 2 CEUs

BLACK FRIDAY TURKEY BURN with Pat Pao

Friday, November 24: 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 Kim

Saturday, December 2: 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

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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.

Workshops (cont.)

WINTER SOLSTICE KARMA YOGA EVENT with Kathy Duke and Pat Pao

Saturday, December 16: 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 (www.stillbrave.org), a local charity committed to helping the families of children battling cancer.

Short Courses

PRENATAL YOGA with Erin Scherger

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

September 7 – October 19: Seven weeks: \$112

November 2 – December 21: 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.

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

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

September 9 – October 28: Eight weeks: \$128

November 4 – December 16: Seven weeks: \$112

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
- Helping detoxify the body through twists and the "squeeze and soak" action
- Strengthening the immune system, reducing the risk of cancer recurrence

- Improving cardiovascular circulation to enhance circulation of fluids
- Managing and preventing 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.

YOGA AND THE ART OF SELF-CARE with Pat Pao

Saturdays: 10:45 a.m.-12:15 p.m.

September 9 – 30: Four weeks: \$64

In this course designed to nourish body and soul, we will explore practices to release tension and blockages, and promote increased circulation, energy, and mobility. Ayurvedic and Thai self-massage, balls, and foam rollers will be integrated into yoga sequences to release soft tissue to improve movement patterns and overall structural health. Appropriate for students Yoga 1-2 and above.

PSOAS 101 with Pat Pao

Saturdays: 10:45 a.m.-12:15 p.m.

October 14 – November 4: Four weeks: \$64

We will examine the mystical psoas muscle, and our practice will explore how to find, soften, hydrate, release, lengthen, and, most importantly, how to move from it. Appropriate for students Yoga 1-2 and above.

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Short Courses (cont.)

INTRODUCTORY YOGA SHORT COURSE with Erin Scherger

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

November 7 – December 19: 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 are permitted during the first three weeks of this course. Students in this class may make-up in Gentle Yoga 1 classes after November 21. Registration for this short course will begin on October 5.

EXPLORING THE CHAKRAS with Pat Pao

Saturdays: 10:45 a.m.-12:15 p.m.

November 11 – December 16: Six weeks: \$96

All living beings are composed of energy, the root of all life. There are seven major chakras or “spinning wheels” of energy in the body, and their balance is the key to our physical health, emotional stability, and mental clarity. This course will explore meditation, preps, and yoga poses that can be practiced to help guide each chakra into balance. Appropriate for students Yoga 1-2 and above.

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.

Classes & Information

YOGA 1/BEGINNER is the introductory class for students who are new to yoga. This class focuses on poses to stretch and strengthen the legs, back, and shoulders. Emphasis is given to the basic alignment of the standing poses.

GENTLE YOGA 1 is designed for those who prefer a class less vigorous than Yoga 1. It includes gentle stretches and breathing as well as simple movements designed to systematically increase the range of motion of every major joint and increase energy. This class is ideal for students with chronic symptoms such as muscle/joint pain, stiffness, weakness, or fatigue.

GENTLE YOGA 2 is a continuation of Gentle Yoga 1, emphasizing the refinement of Gentle Yoga 1 poses and introducing the basic principles of alignment. This class will focus on strengthening the body and adapting poses to protect injured or weak joints. New breathing and relaxation techniques will be introduced as well. This class is more strenuous than Gentle Yoga 1 and students must complete at least two sessions of Gentle Yoga 1 before taking Gentle Yoga 2.

YOGA 1-2 is a continuation class for Yoga 1. The emphasis of this course is on refining and building endurance in Yoga 1 and Yoga 2 standing poses. The basic principles of alignment are presented. This class is suitable for students who have practiced other styles of yoga, but it is not suitable for those who have never studied yoga before.

YOGA 2/ADVANCED BEGINNER focuses on refining the standing poses and learning basic sitting postures, simple back bending poses, and the shoulderstand using the principles of alignment. It is recommended that students complete both Yoga 1 and Yoga 1-2 before taking Yoga 2.

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

YOGA 2-3 is a combination class. It begins with Yoga 2 poses and moves gradually into Yoga 3 poses, particularly strengthening poses for the upper body in preparation for headstand and handstand. Headstand is the major pose learned in this course. Students should complete at least three sessions of Yoga 2 and be comfortable in Chaturanga and Upward Facing 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.

MAD SKILLS FOR GRACEFUL AGING We are getting older! There is nothing we can do about that, so in this class 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

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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

Classes (cont.)

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.

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.

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

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.

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.

Upcoming Events

- **February 10 – 17 and 17 – 24, 2018:** Susan will lead HAYC's 24th annual Mexico yoga vacation.
- **March 24 – 25, 2018:** Mark your calendars! Julie Gudmestad, PT, will return for an anatomy and asana weekend workshop.

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 workshops and short courses are a great way to enhance your weekly yoga practice! See pages 1-2 for full descriptions of workshops, and pages 2-3 for short courses.
- Private lessons are available. Please call (703) 435-1571 or email us at 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 cancelled. 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.

Fall 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 15 weeks: Sept. 7 to Dec. 22

Teens Yoga course is 12 weeks: Sept. 10 to Nov. 26

Kids Yoga course is 10 weeks: Sept. 7 to Nov. 9

Monday

TIME	CLASS	INSTRUCTOR
10:00-11:30 am	Yoga 1	Pat P.
10:00-11:30 am	Yoga 1-2	Mary
10:00-11:30 am	Yoga 2	Doug/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

10:00-11:30 am	Gentle Yoga 1	Kelly K.
10:00-11:30 am	Yoga 2	Carol Ann
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 [∞]
7:30-9:00 pm	Intro. Yoga Short Course*	Erin

Wednesday

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
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	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

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

9:00-10:30 am	Yoga 1	Erin
9:00-10:30 am	Yoga 1-2	Angelika
9:00-10:30 am	Yoga 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
10:45 am-12:15 pm	Self-Care*	Pat P.
10:45 am-12:15 pm	Psoas 101*	Pat P.
10:45 am-12:15 pm	Exploring the Chakras*	Pat P.

Sunday

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
4:00-5:30 pm	Teens Yoga	Pat P.

*Short Course. Please see pages 2-3 for more information.

[∞] Various: Susan, Angelika, or Erin

There will be no classes on Thanksgiving Day, Thursday, November 23 or on Friday, November 24. Classes will resume on Saturday, November 25.

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 _____

YogaReg _____

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

Name _____

Address _____

City _____ State _____ Zip _____

Phone/H (____) _____ Phone/W (____) _____ Phone/C (____) _____

Email _____

PLEASE LIST EACH CLASS

	Level	Day	Time	Instructor	Fee
CLASS 1	_____	_____	_____	_____	_____
	2nd choice if full	_____	_____	_____	_____
CLASS 2	_____	_____	_____	_____	_____
	2nd choice if full	_____	_____	_____	_____
WORKSHOPS	Workshop	_____	_____	_____	_____
	_____	_____	_____	_____	_____
\$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 August 14 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

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 2017 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	\$192	12 weeks
Kids	\$140	10 weeks

DROP-IN FEES

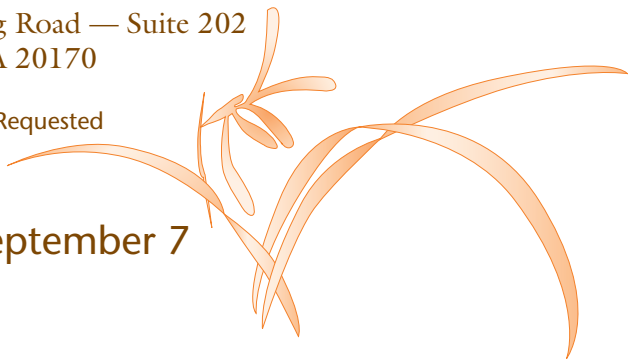
Yoga class for registered students	\$16
Yoga class for unregistered students	\$20
One-hour class for registered students	\$14
One-hour class for unregistered students	\$16
Kids	\$15

THE HEALTH ADVANTAGE YOGA CENTER

1041 Sterling Road — Suite 202
Herndon, VA 20170

Return Service Requested

Fall 2017
Begins September 7



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

Announcing...



FALL WEEKEND RETREAT
At Carter Hall in Millwood, VA
September 22-24

Restore and Renew with Susan at our beautiful retreat venue! Enjoy early morning meditation and pranayama (breathing); four yoga classes; and time to relax, socialize, and enjoy the trails and nature that will surround us.

For more information, stop by the front desk or visit our website, healthadvantageyoga.com.

First Class FREE to New Students Please see page 3 to learn more.



REFER A FRIEND

Have you earned a reward yet? 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!