



# The Health Advantage YOGA CENTER

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

WINTER SESSION 2017 — Classes Begin January 2

## Workshops

### **JUMP START YOUR NEW YEAR WITH YOGA with Pat P.**

**Sunday, January 1: 11:00 a.m. - 1:00 p.m., \$30**

Refresh, renew, and relax with Pat in her fifteenth annual New Year's Day workshop. Start the New Year with something we all love to do. Celebrate the day as we wring out the old and breathe in the new! All levels welcome. 2 CEUs

### **YOGA FOR WELLNESS: IMMUNE BOOSTER with Pat P.**

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

A focused and revitalized immune system, combined with a relaxed nervous system, will help you resist and throw off winter's infections more readily. Yoga postures, pranayama, relaxation, and meditation are powerful tools to help stimulate or soothe your immune response as needed. This workshop will explore preps and poses to both strengthen and soothe your immune system as well as boost energy. Appropriate for students Yoga 1-2 and above. 2 CEUs

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

**Saturday, January 21, 2:00 - 4:00 p.m., \$30**

**Saturday, February 25, 2:00 - 4:00 p.m., \$30**

**Saturday, March 25, 2:00 - 4:00 p.m., \$30**

In these workshops, we will take our time and explore a few poses each session. You will have the chance to bring in your questions which will, no doubt, resonate with other participants, and you will learn from each other and find support. The more you practice, the better you will understand the principles of working with scoliosis and how they apply to you. Appropriate for students Yoga 1-2 and above. These workshops can be taken independently from each other. 2 CEUs

### **RESTORATIVE YOGA with Angelika**

**Sunday, January 22: 3:00 - 5:00 p.m., \$30**

Stop running, let go of tension, and relax. Settle into the quiet pace of winter and give yourself the time to find energy, peacefulness, and joy within you. Reenter

the world with renewed energy and strength. All levels welcome. 2 CEUs

### **HANUMANASANA: A LEAP OF FAITH with Erin**

**Saturday, February 11: 1:00 - 3:00 p.m., \$30**

The story of Hanuman is a story about having the faith to overcome obstacles and to accomplish the impossible; a fitting tale for this challenging pose. While some of us remember, as children, sliding effortlessly into the front splits, for many, finding ease in this posture can be elusive. In this workshop, we will explore techniques and prep poses to make this asana more accessible. Whether you achieve a traditional expression of the pose or embrace a supported variation, we will take the leap of faith along with our playful monkey god friend. Yoga 2 and up. 2 CEUs

### **VEDANTA: THE BHAGAVAD GITA AND THE UPANISHADS with Maureen Clyne**

**Saturday, March 4: 1:00 - 3:00 p.m., \$30**

The concepts of non-dualism, that the individual soul is never separate from the universal soul, are established in the two great books of Vedanta: the *Bhagavad Gita* and the *Upanishads*. Mahatma Gandhi considered the *Bhagavad Gita* to be his encyclopedia for daily life. This "Song of God" is an eloquent dialogue that also introduces Bhakti Yoga, the Yoga of Divine Love. The *Upanishads*, the whispered scriptures, encompass the primary themes of pure non-dualism. Both books mark the beginning of Vedanta and are important expositions on Yoga philosophy. Join Maureen and explore these beautiful hymns to love, devotion and divine union. 2 CEUs

*Maureen's teaching draws on 33 years of personal Hatha Yoga practice. Since 1997, she has taught at leading studios and teacher training programs nationally.*

*Maureen combines her deep passion for yoga's tradition with life experience to provide a practical and accessible interpretation of yoga's often-heady principles. An avid student herself, Maureen has accumulated more than 1,800 hours of study, and two teaching certifications.*

*continued on page 2*

## Workshops (cont.)

### THE ART OF RELAXATION with Pat P.

Saturday, March 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

## Weekend Workshop with Julie Gudmestad, P.T.

### Muscle Imbalances and Back Pain: Yoga Solutions

Muscle imbalances can contribute to pain, injury, and chronic problems in any part of the body, and a thoughtful yoga practice can help correct these imbalances. In this workshop, we will review the anatomy of important muscle groups, and see how imbalances (strong vs. weak and tight vs. flexible) contribute to misalignments that set the stage for problems. Then we will practice yoga poses and sequences to help correct imbalances, improve alignment, and relieve pain.

This workshop will focus on the upper back, neck, and shoulders. Important muscle groups include the trapezius, pectoralis major and minor, serratus anterior, and the rotator cuff.

#### Saturday, April 1

9:00 a.m. - 12:00 p.m., \$60  
2:00 - 4:00 p.m., \$40

#### Sunday, April 2

9:00 a.m. - 12:00 p.m., \$60  
2:00 - 4:00 p.m., \$40

A year of yoga experience and knowledge of the basic poses is recommended. Some previous study of anatomy is helpful but not mandatory. This will not be a therapeutics class, so it is not recommended for students with an acute injury or severely limited mobility. Since each section of the workshop builds on the previous sections, registration for the full workshop is recommended.

**CANCELLATION POLICY:** There is a \$5.00 cancellation fee per section.

**REFUNDS:** No refunds are given after March 25 unless your space can be filled from the waiting list.

Julie Gudmestad, P.T., has been active in Portland, Oregon, as a yoga teacher and licensed physical therapist for over 40 years. She has integrated Western medical knowledge with yoga training into a unique teaching style, and has taught many workshops throughout the U.S., Canada, and Europe. She is a certified Iyengar yoga teacher, and is the former author of the *Yoga Journal* column "Anatomy of a Yogi."

## Yoga Center Notes

It is time to say goodbye to three dear HAYC colleagues, as we wish them well in their new endeavors.

- After planning to relocate for the past few years, Annette Hyde is moving out of the area.
- Kathy Duke is beginning a fulltime job. While she will no longer teach regular classes at HAYC, she plans to return to lead workshops and to sub in the future.
- After 18 years, Liz Wright, our office manager, is retiring. She has been a consistent presence at HAYC as the studio has grown and changed. Liz kept the office running during the transfer of ownership in 2001, oversaw our transition to the online registration

system in 2006, and has helped shape policies and handle issues. She will be missed by all.

We are happy to welcome to our HAYC family:

- Brandi Bryden and Shawn Nabors will join us as teachers this session. Both are graduates of HAYC's teacher training program and have substituted in classes at HAYC for the past two sessions. Look for Brandi on Sundays teaching the 12:30 p.m. Vinyasa Flow 1 class and for Shawn on Wednesdays teaching the 7:30 p.m. Yoga 1 class.
- In our office, Dawn Martin will join us as our newest administrator. Be sure to stop by and say hello.

# Short Courses

## **PILATES MAT: ACCESSING YOUR CORE with Heide**

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

**January 4 - February 15: Seven weeks: \$112**

**February 22 - April 5: Seven weeks: \$112**

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.

## **PRENATAL YOGA with Erin**

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

**January 5 - February 16: Seven weeks: \$112**

**March 2 - April 6: Six weeks: \$96**

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.

## **MAD SKILLS FOR GRACEFUL AGING with Pat P.**

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

**January 7 - March 11: Ten weeks: \$160**

We're getting older! There is nothing we can do about that, but we can start to cultivate the sweet skill set needed to age more gracefully. Enrich your yoga toolbox by exploring and expanding your practice with techniques to improve balance, stability, flexibility, and agility in your life through asana, pranayama, and relaxation. Open to students Yoga 1-2 and above.

## **SO YOU THINK YOU'RE NOT FLEXIBLE? with Carol Ann**

**Mondays 12:15 - 1:45 p.m.**

**January 9 - February 13: Six weeks: \$96**

**February 27 - April 3: Six weeks: \$96**

If you have been doing yoga for a little while, but do not think you are flexible or ready to progress to the next level,

this class is 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. 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 AND MINDFUL EATING with Amy**

**Tuesdays: 10:00 - 11:30 a.m.**

**January 10 - February 14: Six weeks: \$96**

**February 21 - March 28: Six weeks: \$96**

**Materials fee: \$10**

Imagine putting a halt to dieting altogether. This six-week course is designed to teach you to tap into your body and trust that it knows when and how much to eat. Learn mindfulness techniques to combat stress eating in the moment and to help reduce urges that lead to overeating or bingeing. Guilt and shame have been shown to contribute to the vicious cycle of dieting, falling off the diet, feeling guilty over it, and then overeating again. This is no way to live. Learn to foster self-compassion and change your eating habits and your relationship with food forever.

Each class will begin with instruction on the concepts of mindful eating along with practical exercises. This will be followed with the yoga portion of the class which will be appropriate for students of all levels. You may wish to sign up for both sessions which will vary slightly in order to reiterate the concepts for greater understanding and practice. No new students after the first class. A \$10 materials fee by cash or check is due to the instructor at the first class; the materials fee will only apply once.

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

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

**February 28 - April 4: 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 March 14. Registration for this short course will begin January 30.

## Upcoming Event

**June 9 – June 11:** Mark your calendars! Susan will lead a spring retreat at Carter Hall in Millwood, Virginia. Flyers with more information will be available in February.

## 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 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.

*continued on next page*



## Classes (cont.)

**YOGA SPECTRUM** We are getting older! There is nothing we can do about that, so 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.

**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 KIDS** (ages 6-12) is designed to help children build strength and flexibility, concentration and focus,

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

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.

## 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.

# Winter 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 14 weeks:** January 2 – April 9

**Teens Yoga course is 12 weeks:** January 8 - March 26

**Kids Yoga course is 10 weeks:** January 5 - March 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.
12:15-1:45 pm	So You Think You're Not Flexible?*	Carol Ann
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
10:00-11:30 am	Yoga and Mindful Eating*	Amy
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>
7:30-9:00 pm	Intro. Yoga Short Course*	Erin

### Wednesday

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 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.
----------------	----------	--------

### Saturday

9:00-10:30 am	Yoga 1	Erin
9:00-10:30 am	Yoga 1-2	Angelika
9:00-10:30 am	Mad Skills for Graceful Aging*	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	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
12:30-2:00 pm	Vinyasa Flow 1	Brandi
4:00-5:30 pm	Teens Yoga	Pat P.

\* Short Courses. Please see page 3 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 \_\_\_\_\_

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)					_____
<b>Total Due</b>					_____

☐ MC/VISA

☐ Check Enclosed (Make checks payable to HAYC)

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_ CVV \_\_\_\_\_

Registration for **all** students begins on December 5 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

#### WINTER 2017 SESSION

Yoga	\$224	14 weeks
Twice weekly	\$420	14 weeks
1st class is \$16/class; 2nd class is \$14/class		
One-hour class	\$196	14 weeks
Teens	\$192	12 weeks
Kids	\$140	10 weeks

### DROP-IN FEES

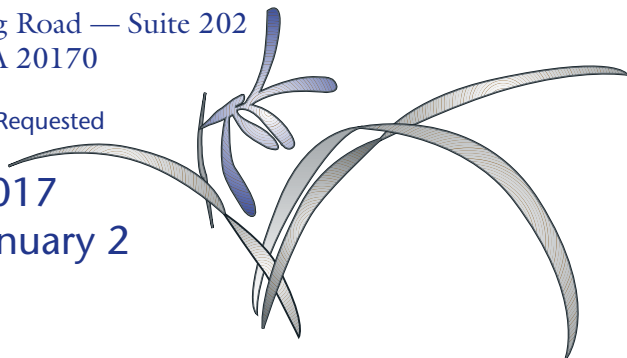
Yoga class for registered students	\$16
Yoga class for unregistered students	\$20
One-hour class for registered students	\$14
One-hour class for unregistered students	\$16
Kids	\$15

## THE HEALTH ADVANTAGE YOGA CENTER

1041 Sterling Road — Suite 202  
Herndon, VA 20170

Return Service Requested

Winter 2017  
Begins January 2



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 February 27 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