



# 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 2018 — Classes Begin January 2

## Workshops

### **POST-HOLIDAY REHAB with Erin**

**Saturday, December 30: 10:00 a.m.-12:00 p.m., \$30**

It is easy to get caught up in the excitement of the holiday season with the flurry of celebrations, gatherings, and feasting. But when it is over, then what? Come breathe your way back into balance from seasonal indulgences with a moderately-paced hip-opening, twist-centered vinyasa flow. Appropriate for students who have taken at least one session of Yoga 2 and are comfortable with Chaturanga Dandasana. No major injuries, please. 2 CEUs

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

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

Refresh, renew, and relax with Pat in her sixteenth 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

### **RESTORATIVE YOGA with Angelika**

**Sunday, January 21: 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

### **DECONSTRUCTING URDHVA DHANURASANA with Susan**

**Saturday, January 27: 1:00-3:00 p.m., \$30**

As children, many of us did Urdhva Dhanurasana, Upward Bow, but as adults we often need to relearn this backbend. Since this pose requires flexibility and strength in the arms, legs, and spine, we will focus on one area at a time and see how the actions of each contribute to the entire pose. Open to students who have completed at least two sessions of Yoga 2. 2 CEUs

### **YOGA AND THE ART OF SELF CARE with Pat P.**

**Saturday, February 10: 1:00-3:00 p.m., \$30**

In this workshop 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. 2 CEUs

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

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

Some basic stretches and poses can go a long way in helping you find relief from discomfort caused by scoliosis. Find out how scoliosis affects your spine and learn which stretches are beneficial to your specific curve. This beginner workshop is open to all levels, no experience necessary. If possible, bring X-rays or a medical write-up. 2 CEUs

### **YOGA FOR GOLFERS with Erin**

**Saturday, March 10: 1:00-3:00 p.m., \$30**

Golf can be a mentally stimulating and physically challenging sport that also cultivates patience, focus, and better balance. Yoga can be an excellent complementary activity to both mitigate the one-sided nature of your golf swing and to improve your conditioning. In addition to techniques which will enhance the mental aspects of the sport, this workshop will teach you skills that you can practice throughout your golf season, including yoga postures which will increase your functional stability, improve your range of motion, and reduce any nagging aches and pains from your game. No yoga experience necessary; appropriate for all levels. 2 CEUs

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.

# Short Courses

## **PRENATAL YOGA with Erin**

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

January 4 – February 8

February 15 – March 22

Six weeks: \$96 for each course

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**

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

January 6 – February 10

February 17 – March 24

Six weeks: \$96 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
- 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.

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

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

February 13 – March 20

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 February 27. Registration for this short course opens January 23.

## **CLASS PACKAGES**

Purchase drop-in classes at a discount! Packages are valid for a set time after the date of the first class taken. 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.

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

## *Upcoming & Event*

- **June 8 – 10, 2018:** Mark your calendars! Susan will lead a spring retreat at Carter Hall in Millwood, Virginia. Flyers with more information will be available in February.

# Weekend Workshop

March 24-25, 2018

## ASANA PLUS ANATOMY with Julie Gudmestad, P.T.

An ideal opportunity for those new to workshops as well as experienced students and teachers!

Julie is well known around the world for her Anatomy Awareness in Asana workshops. For us, she will teach an asana workshop integrating just a sprinkling of anatomy to help illustrate important structural and alignment points. She specializes in beginning with simple movements for all levels of students and then gradually building to more challenging poses so that everyone is challenged in a safe and supportive atmosphere.

Six months of yoga experience and knowledge of the basic poses is recommended. This will not be a therapeutics class, so it is not recommended for students with an acute injury or severely limited mobility. *Since the sections are progressive in nature, registration for the entire workshop is recommended.*

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 US, Canada, and Europe. She is a certified Iyengar yoga teacher, a certified Yoga Therapist with IAYT, and is the former author of the *Yoga Journal* column "Anatomy of a Yogi."

### SATURDAY, MARCH 24

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

### SUNDAY, MARCH 25

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

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

**REFUNDS:** No refunds are given after March 17 unless your space can be filled from the waiting list.

## 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 the first class taken.

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 are cancelled due to inclement weather, there will be an announcement posted on our Facebook page and recorded on the studio's voicemail one hour before classes are scheduled to begin. If you hear our normal voicemail 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 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 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*

*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.*

**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.

**YOGA FROM HEAD TO TOE** explores preps, warm-ups, and poses to enhance, open, and awaken new awareness in your yoga practice. Each week we will focus on a different area of the body (feet, lower legs, knees, upper legs, hips, core, heart and upper back, spine, side body, shoulders, neck, and head). Students will learn a variety of techniques to incorporate into their practices, and teachers and teacher trainees will have a comprehensive list of preps for their class sequences. Open to students Yoga 2 and above.

**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. The course will include anatomical practices for the spine, hips, and upper and lower body meridians. 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.

## *Yoga Center Notes*

- Our workshops and short courses are a great way to enhance your weekly yoga practice! See page 1 for full descriptions of workshops, and page 2 for short courses.
- 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 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.

# Winter 2018 *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 12 weeks:** January 2 – March 26

**Teens Yoga course is 10 weeks:** January 7 – March 11

**Kids Yoga course is 10 weeks:** January 4 – March 8

### 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	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 <sup>∞</sup>
7:30-9:00 pm	Intro. Yoga Short Course*	Erin

### 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
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

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
10:45 am-12:15 pm	Yoga from Head to Toe	Pat P.

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

\*Short Courses. Please see page 2 for more information.

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

**OFFICE HOURS:** Monday through Thursday, 9:00 a.m.-1:00 p.m. • Friday, 9:30 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 December 4 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, 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 2018 SESSION

Yoga	\$192	12 weeks
Twice weekly	\$360	12 weeks
1st class is \$16/class; 2nd class is \$14/class		
One-hour class	\$168	12 weeks
Teens	\$160	10 weeks
Kids	\$140	10 weeks

### DROP-IN FEES

Yoga 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

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Return Service Requested

Winter 2018  
Begins January 2

**First Class FREE  
to New Students**

Please see page 3 to learn more.



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

# *Announcing...*



We are pleased to once again welcome  
**Julie Gudmestad, P.T.,**  
for a special weekend workshop!

**ASANA PLUS ANATOMY**  
**March 24-25, 2018**

All sessions filled in 2017. Avoid disappointment  
and guarantee your space this year by registering now!

See page 3 for the full workshop description.



 **REFER A FRIEND** Have you earned a reward yet? For each new student you refer by February 12 who completes at least six weeks of a course, you will receive a pass for a free class!