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HOUSE JOINT RESOLUTION NO. 1026

Offered February 17, 2017

Commending The Health Advantage Yoga Center.

Patron—Boysko

WHEREAS, The Health Advantage Yoga Center is celebrating its 25th year serving thousands of clients in the Herndon community; and

WHEREAS, founded in 1991, The Health Advantage Yoga Center is one of the oldest yoga studios in Northern Virginia and the Commonwealth; and

WHEREAS, The Health Advantage Yoga Center offers yoga classes for people of all experience levels and ages, from prenatal yoga for expecting moms to yoga for kids, teens, adults, and older adults; and

WHEREAS, The Health Advantage Yoga Center seeks to assist students in the development of physical, mental, and spiritual well-being, which is a truly priceless health advantage; and

WHEREAS, The Health Advantage Yoga Center promotes relaxation, stress management, and improved fitness for its clients through the peacefulness of body and mind that yoga provides; and

WHEREAS, The Health Advantage Yoga Center helps clients manage and alleviate chronic conditions such as depression, pain, anxiety, and insomnia, and reduce risk factors for heart disease and high blood pressure; and

WHEREAS, Susan Van Nuys, director of The Health Advantage Yoga Center, has been a yoga practitioner since 1989 and began teaching yoga in 1997, and she has studied with many world-class teachers, focusing on alignment-based styles; and

WHEREAS, The Health Advantage Yoga Center is staffed by highly trained and caring instructors, most of whom have taught yoga for over a decade, who prioritize meeting the individual needs of their clients; now, therefore, be it

RESOLVED by the House of Delegates, the Senate concurring, That the General Assembly hereby commend The Health Advantage Yoga Center on celebrating 25 years of serving clients in the Herndon community; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to Susan Van Nuys, director of The Health Advantage Yoga Center, as an expression of the General Assembly's admiration for the center's work to promote the overall health and well-being of the citizens of Northern Virginia.

INTRODUCED

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