



www.ambayoga.com

## Current Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10:00 am PILATES</b> All Level Amy	<b>10:00 am YOGA</b> Beginner Lesa		<b>10:00 am** YOGA &amp; MEDITATION</b> All Level Lesa	<b>10:00 am RESTORATIVE YOGA</b> All Level Christina	<b>9:15- 10:15am YOGA</b> Advanced Lesa
					<b>10:30- 11:30am YOGA &amp; MEDITATION</b> Beginner Lesa
<b>7:30 pm YOGA 1**</b> Intermediate Lesa	<b>6:45 pm VINYASA</b> All Level Lisa	<b>6:45 pm RESORATIVE YOGA</b> All Level Christina No Class July	<b>6:45pm VINYASA</b> All Level Lisa		

\*\* Beginners are welcome on the first Monday of every Month/Chair Class first Thursday of every Month.

### ~ HATHA YOGA CLASSES ~

*Classes are 75 min in length, except Saturday morning classes.*

**DROP INS:** \$20

**NEW STUDENT SPECIAL:**

3 for \$30

8 for \$60

**PUNCH CARDS COST:**

10 Classes: \$150 (\$15 ea)

20 Classes: \$220 (\$11 ea)

30 Classes: \$299 (\$10 ea)

50 Classes: \$450 (\$9 ea)

**UNLIMITED CLASSES:**

1 MONTH - \$99

3 MONTHS - \$270 (\$90/mo)

**PRIVATE INSTRUCTION/THERAPEUTICS**

\$150/hr min On-Site Corporate Class (up to 6 people)

\$95/hr Group Class (up to 6 people)

\$85/hr Couple Lesson

\$75/hr Individual Lesson

\$70/hr for Series of 8 - \$560

**PAYMENT:** Cash, Check and Credit Cards

Can also pay/register online.

**ARRIVE:** NO EARLIER than 15 min prior to class please. Sticky mat is required.

(We have some to borrow if you forget).

**Cell phones off** please.

## ~ HATHA YOGA CLASSES ~

**YOGA:** This style focuses on form, precise alignment and awareness. The subtleties of engaging our bodies within each pose are carefully demonstrated. Most suitable for people who have concerns about new (or old) injuries and/or movement restrictions. Expectant Mothers Welcome. It is taught in the tradition of BKS Iyengar.

**YOGA & MEDITATION:** This class includes 10 minutes of seated meditation at the end of the class.

**VINYASA:** is generally known as Flow Yoga. Here, the emphasis is on linked poses, the breath and fluid movement. These classes are fun and slightly aerobic. For all levels.

**RESTORATIVE YOGA:** Poses are used to renew, revive and open the body. Propwork, and Pranayama basics will be covered.

**PILATES:** The small movements of Pilates improve balance and core strength. It does this in part by reinforcing the bond between the mind and the body's muscles in the core. This leads to better posture and may ease chronic low-back pain.

## ~SPECIAL CLASSES/SERIES/WORKSHOPS~

Space is limited to 12, sign up in advance.

### PRIVATE INSTRUCTION/THERAPEUTICS

By Appointment with Lesa Kingsbury, E-RYT, C-IAYT, YACEP

**Individual \$75/hr, Series of 8 \$560 (\$70 ea), Couple \$85/hr**

Deepen your understanding of Yoga with an Individual Lesson. Learn the poses that are best suited to you and feel energized and freer. This is a great way to create a home practice and become more active in your own ease and well being.

**On-Site Corporate \$150 min (up to 6 people),**

**Group Class @ Amba \$95 (up to 6 people + \$10 ea additional)**

Bring Yoga to your Workplace or Bring a group of people from your workplace to Amba. It is a great method for team building or creating more fun with co-workers.

**LOCATION: Look for the sign: "Smithtown Professional Park 315, 317, 319, 321"**

**From East:** 2 miles west of the Smithhaven Mall on Jericho Turnpike - 3<sup>rd</sup> Driveway on the right after Exxon Gas Station and Car Dealerships.

**From West:** East of Rte 111, take the 3<sup>rd</sup> Driveway on the left after you pass Terry Rd. before the Exxon Gas Station.