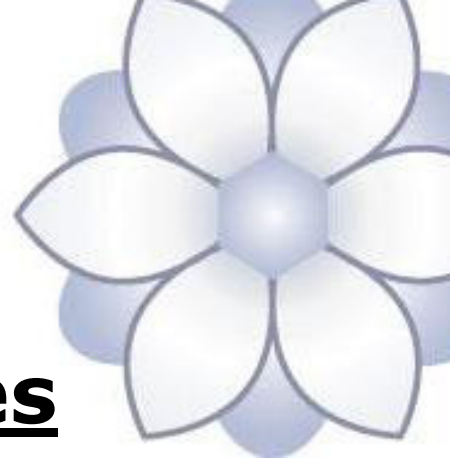


**Amba Yoga Center Presents:**

# **Fall Workshop Intensives**



**Sure Ways to Enhance Your Practice**

**On 2 Saturdays, 12:30-2:30 pm, \$50 each with  
Lesa Kingsbury, E-RYT, C-IAYT, YACEP**

**October 21, 2017: Have Fun Doing It at Home**

**November 18, 2017: Yoga for Stressful Times**

## **WHAT WE WILL ACCOMPLISH TOGETHER:**

**On 10/21** Quit struggling with a yoga practice outside of class. Learn how to create a series of poses that makes it easy for you on your mat, at home, at any time.

**On 11/18** Stress takes many forms; use your yoga practice to find greater ease in your day-to-day life. Postures, breathing, and meditation.

**Each workshop:** 2 hours on Saturday from 12:30-2:30pm. You can take these workshops individually or together. All Levels are Welcome. CEU certificates are available on request.

**Cost:** \$50 per workshop, paid in advance. 8 people minimum per course and 12 people maximum (if there are less than 8, that series will not be given).

**About Lesa:** She is an Experienced Registered Yoga Teacher and Continuing Education Provider with the Yoga Alliance, as well as a Certified Yoga Therapist with IAYT. She opened the first Amba Yoga Center in January 2001. Strongly rooted in the Iyengar tradition, with 20 years of experience in this style, she brings to her yoga practice a deep appreciation of form and function, together with a special attention to detail from her past career as an architect in California and Manhattan. Lesa's teaching philosophy is simple: address each student at their own level, so that they can learn each pose in a manner and at a pace which offers them maximum benefit.