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## Current Schedule

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|--|--|--|---|
| <b>10:00 am<br/>PILATES</b><br>All Level<br>Amy     | <b>10:00 am<br/>YOGA</b><br>Beginner<br>Lesa    | <b>10:00 am<br/>RESTORATIVE<br/>YOGA</b><br>All Level<br>Christina | <b>10:00 am**<br/>YOGA &amp;<br/>MEDITATION</b><br>All Level<br>Lesa                             | <b>10:00 am<br/>RESTORATIVE<br/>YOGA</b><br>All Level<br>Christina | <b>9:15-<br/>10:15am<br/>YOGA</b><br>Advanced<br>Lesa             |
|   |   |  | <b>4:45pm<br/>KIDS YOGA<br/>SERIES</b><br>Sue<br><b>5 WEEKS</b><br><b>3/29-5/3</b><br>(See Back) | <b>4:30 pm<br/>TGIF FLOW</b><br>All Level<br>Rose                  | <b>10:30 am<br/>YOGA &amp;<br/>MEDITATION</b><br>Beginner<br>Lesa |
| <b>7:30 pm<br/>YOGA 1**</b><br>Intermediate<br>Lesa | <b>6:45 pm<br/>VINYASA</b><br>All Level<br>Lisa | <b>6:45 pm<br/>RESORATIVE<br/>YOGA</b><br>All Level<br>Christina   | <b>6:45pm<br/>VINYASA</b><br>All Level<br>Lisa   | <b>6:00pm<br/>REIKI CIRCLE</b><br><b>4/20,5/18</b><br>Cindy        |   |

\*\* 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 noted otherwise.*

**DROP INS:** \$20 Adults, \$10 Students

**NEW STUDENT SPECIALS:**  
3 classes for \$30, or 8 for \$60

**CLASS CARDS:**

10 Classes: \$150 (\$15 ea)  
20 Classes: \$220 (\$11 ea)  
30 Classes: \$299 (\$10 ea)

All Class Cards expire after 1 year

**UNLIMITED CLASSES:**

1 MONTH - \$99  
3 MONTHS - \$270 (\$90/mo)

**HS/COLLEGE STUDENT SPECIALS:**

10 classes for \$75

**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.

### YOGA INTENSIVES

With Lesa Kingsbury Taub, E-RYT, C-IAYT, YACEP

2 Saturdays 12:30 – 2:30 pm, \$50 ea.

**April 14: ACHE-LESS** How to practice with stiff joints and keep them open.

**May 12, 2018: Hip Openers for Hot Mamas!** Sequences for sustainable hip opening.

### KIDS YOGA AND MINDFULNESS

With Susan Rodichok, RYT

Thursdays: 4:45-5:45 P.M.

**Spring Dates:** March 29, April 12, 19, 26, May 3

**Cost:** \$75 per session of 5 classes; payable at first class. Drop-in: \$20.

To Register: **Contact Susan at 631-561-1814 or [heart2heartkidsyoga@gmail.com](mailto:heart2heartkidsyoga@gmail.com)**

### REIKI HEALING CIRCLE

With Cindy Odell, Certified Reiki Master

3 Fridays: 6-7 P.M, \$20

**Dates:** April 20, May 18, June 22

To Register: **Contact Cindy at 631-352-7367 or [reikimaster001@gmail.com](mailto:reikimaster001@gmail.com)**

### PASSPORT TO FREEDOM

**Mindfulness and Meditation with Ken Taub**

Tuesday's 8-9:30pm Begins April 10, 2018

**First Series:** April 10, 17, 24, May 1, 8, 15

**Second Series:** September 11, 18, 25, October 2, 9, 16

**Cost:** \$125 per session, \$225 for both, pre-registration required.

To Register: **Online: [www.ambayoga.com/purchaseonline](http://www.ambayoga.com/purchaseonline), Questions: Email: [kenja@optonline.net](mailto:kenja@optonline.net)**

**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.