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## 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 GENTLE VINYASA</b> All Level Michelle	<b>9:15- 10:15am YOGA</b> Advanced Lesa
					<b>10:30 am YOGA &amp; MEDITATION</b> Beginner Lesa
<b>7:30 pm YOGA**</b> Intermediate Lesa	<b>6:45 pm VINYASA</b> All Level Lisa	<b>6:45 pm YOGA</b> All Level Elaine	<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 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.

**GENTLE VINYASA:** Like Vinyasa yet the gentle movements are great for building strength slowly. A great pairing with Pilates Classes Generally concludes with Restorative poses.

**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.

### WORKSHOPS

More Information Coming Soon!

What would you like to see happen? Email [lk@ambayoga.com](mailto:lk@ambayoga.com)

### CHILDREN'S YOGA AND TEEN YOGA

Thursdays with Susan Rodichok, RYT

Children's Ages 8-12: 4:30-5:15 pm

Teen Ages 13 and Up: 5:30-6:15pm

Dates: Coming in January

**Cost:** \$120 per session of 8 classes; payable at first class. Drop-in: \$20.

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

**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.