

Amba Yoga Center Presents:

Sure Ways to
Enhance Your Practice



**3 Saturday Workshops, 12:30-2:30 pm,
\$50 each/\$140 for All 3!**

March 10 - CENTER-EXHALE-HEAL

Add the Healing Magic of Mindfulness & Focused Breathing to Your Practice

April 14 - ACHE LESS!

Yoga Sequences to reduce achy joints and increase suppleness

May 12 – HIP OPENERS FOR HOT MAMAS!

Move More Freely *and* With Greater Ease

WHAT WE WILL ACCOMPLISH TOGETHER:

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| On 3/10 | In yoga we can simply add breath to enter a meditative state. Learn how to integrate breathing and focused meditation into asanas. |
| On 4/14 | The way we practice yoga can make a big difference in how our joints perform. Explore the same pose in different ways, and reduce some aches and pains. |
| On 5/12 | The hips are a very complicated area. It is sometimes adjacent areas that need attention. We will learn postures for release in the pelvic bowl, lower back and knees to release your entire hip, not just one spot! |

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, or \$140 for all three. Must be paid in advance. 8 people minimum per course and 12 people maximum (if there are less than 8, that series will not be given).

Presenter: Lesa Kingsbury Taub, E-RYT, C-IAYT, YACEP 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.