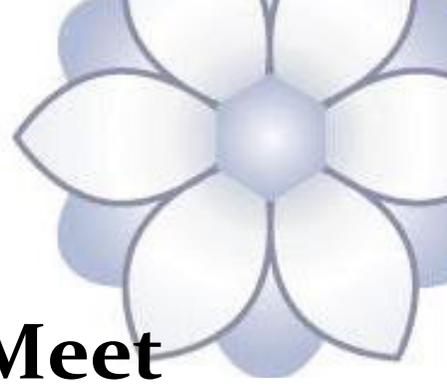


Amba Yoga Center Presents:

Acu-Yoga: The Playground Where Acupuncture & Yoga Meet



A Saturday Workshop, 1-3 pm,
\$45 with pre-registration/\$50 at door

Saturday, April 4, 2020

**LEARN POSES WITH APPLIED ACUPRESSURE POINTS
TO ENHANCE YOUR OWN HEALTH**

In yoga we have postures/poses used in specific order to support our health. Acupuncture is an ancient practice now recognized by Western Medicine practices. *Lesa* will present how to use Yoga to assess imbalance in the body and what sequences can be applied for optimal health. *Laura* will teach what acupressure points can do to optimize your health in general or in between sessions with your acupuncturist. Put the two together and *double* the benefits.

The Workshop: 2 hours on Saturday from 1-3 pm. All Levels are Welcome. CEU certificates are available on request.

Cost: \$45 before April 1, after that \$50 per person. Must be paid in advance. 8 people minimum per course and 12 people maximum.

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. Learn more at www.ambayoga.com.

Laura Shahinian Kara, MS, Lac, Diplomat NCCAOM is a comprehensively trained, licensed acupuncturist in the State of Connecticut, in private practice for more than 16 years. She is licensed and board-certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Laura also has advance certifications from both the *Ohashi Institute of Shiatsu* in New York and *The British School of Shiatsu* in London. (1989,1990) She received her Masters degree with honors from *Tri-State College of Acupuncture* in 2003 and served on their core faculty until 2008. Laura has taught at the *Snowlion Center Healing School* in Provence, France (1997-2000) She also is certified and specializes in *Sports Medicine Acupuncture*®, Japanese Acupuncture, and Acupuncture for Fertility. In addition, she brings 20 years of shiatsu (acupressure) therapy and an in-depth knowledge of the meridian system to her acupuncture practice. Learn more at www.aculaura.com. Private sessions will be available that Friday and Sat.

Amba Yoga Center 321 Middle Country Road Suite 2 Smithtown, NY 11787 631-366-3396
www.ambayoga.com