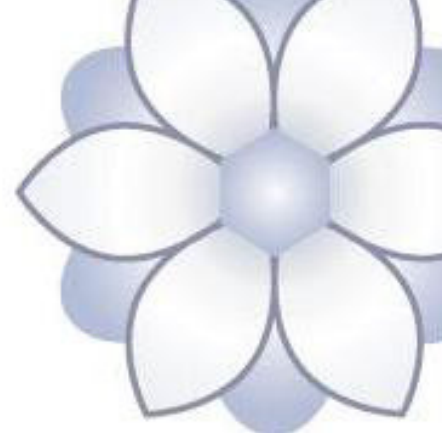


**Amba Yoga Center Presents**

**“Quiet within the Thunder,  
Flashes of Light in the Darkness”**

Meditation & Mindfulness for Insight & Clarity  
A Meditation Course for 2020 (NEW OFFERS)



**Tuesday Nights at 8 PM**

**Beginning:** January 14 - May 19, 2020

**May Continue:** September 15 - December 15, 2020 (to be determined)

**JOIN US** for a multi-session adventure in guided meditation & visualization, quiet Zen-style sitting & discussion for enhanced awareness and inner strength. The Course will be equally peaceful and stimulating, fun and empowering.

**TIME:** Tuesday nights, 8:05 - 9:30 p.m.

**OPTIONS:** Suggest you come to the first or second class on 1/14 or 1/21/20.

After that, YOUR CHOICE of 12 classes or 18 classes

12 classes for \$175. 18 classes for \$235.

**SPECIAL OFFERS:** JANUARY SPECIAL: 6 meditation classes + 10 yoga classes for \$199.

**START NOW:** Sign up on the [www.ambayoga.com](http://www.ambayoga.com) website or at Amba with Lesa Kingsbury.

**About Ken Taub:** Ken is a longtime student of Asian Philosophy, particularly Zen Buddhism. He received his degree in Chinese Studies at UC San Diego, and is the author of Waking Up in America, a metaphysical memoir and book of insights. He is currently a freelance writer and copywriter, creative and content provider. Contact Ken with any questions at: [kenja@optonline.net](mailto:kenja@optonline.net)