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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10:00 am</b> <b>In Person</b> <b>PILATES</b> All Level Amy B	<b>10:00 am</b> <b>ZOOM</b> <b>YOGA</b> All Level Lesa K		<b>10:00 am</b> <b>ZOOM</b> <b>YOGA</b> Beginner Lesa K		<b>9 am</b> <b>In Person</b> <b>YOGA</b> Level 2 Lesa K
					<b>11 am</b> <b>ZOOM</b> <b>YOGA</b> Level 1 Lesa K
<b>7 pm</b> <b>In Person</b> <b>YOGA</b> Level 1 Lesa K	<b>7 pm</b> <b>In Person</b> <b>MEDITATION</b> All Level Ken		<b>6:45pm</b> <b>ZOOM</b> <b>VINYASA</b> All Level Lisa I		

Classes are 60 min in length. In person classes require you bring a mask and your own mat and props.

All Class Cards expire 6 months from purchase date.

**IN PERSON YOGA CLASSES**

- \$135 10 Class Card
- \$45 for 3 NEW STUDENT classes
- \$20 Single Class
- \$10 Student Single Class

**ZOOM YOGA CLASSES**

- \$66 6 Class Card
- \$60 Zoom Private Lesson with Lesa
- \$55 Unlimited Monthly Zoom Classes
- \$15 Single Class

**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.

**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.

**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.

## ADDITIONAL COURSES

**IN PERSON COURSE:**  
**Meditation & Mindfulness at Amba Yoga**  
**Tuesday Nights at 7 pm\* with Ken Taub**

**IT IS POSSIBLE** to alter our reactions to life's upsets and steady our minds, even in difficult times. We can, in fact, move from anxiousness to awareness, and from stress to breath. IN THE MIDDLE of major change, tumult, and uncertainty, we can go from feeling overwhelmed -- or "under water" -- and learn how to surf life's nonstop waves.

**COME JOIN US** for a personal adventure in guided meditation and visualization, quiet Zen-style sitting, and discussion to bring forth the kind of presence and inner strength these times call for.

**COST:** \$20 per individual class or 3 classes for \$50.

**EACH CLASS** is approx. 75 minutes each Tuesday night, starting at 7 pm\*

**\*NOTE 1:** if Tuesday night Vinyasa Yoga classes start up again this fall, then our meditation class will move back to an 8 pm start time.

**NOTE 2:** Please bring your own meditation cushions if you have them. If we have to provide you with chairs or cushions, we will ask you to bring your own towel to cover it. We will limit each meditation class to eight (8) people to ensure proper distancing. Turnout, the state of the pandemic in our area, Suffolk Dept of Health and NY State directives will all determine how long the meditation course will go. If everything holds steady or improves, there will be nine (9) Tuesday night classes between 9/22 and 11/24, with no class on Election Day, 11/3.

**RECORDED WORKSHOP:**  
**"Acu-Yoga" – Where Acupuncture and Yoga Meet**  
**2 Hour Course \$45**

with Lesa Kingsbury, E-RYT, C-IAYT, YACEP and  
Laura Shahinian Kara, MS, Lac, Diplomat NCCAOM

**Learn Poses with Applied Acupressure Points to Enhance your Own Health**

In yoga we have postures and poses used in specific ways to support our health. Acupuncture/Acupressure is an ancient practice used to clear the body of blockages and accelerate healing. Put the two together and double the benefits.

Sign up @ <https://ambayoga.com/purchaseonline>

**ONE ON ONE INSTRUCTION:**

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

- \$320 Package of 4 In Person Private Yoga Lessons
- \$115 for a Group Class (up to 5 people)
- \$95 for 1 In-Person Private Yoga Lesson (up to 3 people)
- \$85 for 1 In-Person Private Yoga Lesson
- \$60 for 1 Zoom Private Lesson
- \$10 for each single person add-on to a Private Yoga Lesson (up to 8 people)