



www.ambayoga.com

## 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 RESTORATIVE YOGA</b> All Level Christina	<b>10:00 am** YOGA &amp; MEDITATION</b> All Level Lesa	<b>10:00 am RESTORATIVE YOGA</b> All Level Christina	<b>9:15- 10:15am YOGA</b> Advanced Lesa
			<b>4:45pm KIDS YOGA SERIES</b> Sue <b>8 WEEKS</b> <b>1/18-3/15</b> (See Back)	<b>4:30 pm VINYASA</b> All Level Rose Starts 3/2	<b>10:30 am YOGA &amp; MEDITATION</b> Beginner Lesa
<b>7:30 pm YOGA 1**</b> Intermediate Lesa	<b>6:45 pm VINYASA</b> All Level Lisa	<b>6:45 pm RESORATIVE YOGA</b> All Level Christina	<b>6:45pm VINYASA</b> All Level Lisa	<b>6:00pm REIKI CIRCLE</b> <b>2/16, 3/16</b> Cindy	

\*\* 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

**PUNCH CARDS COST:**  
10 Classes: \$150 (\$15 ea)  
20 Classes: \$220 (\$11 ea)  
30 Classes: \$299 (\$10 ea)  
50 Classes: \$450 (\$9 ea)

**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.

**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.

### YOGA INTENSIVES

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

3 Saturdays 12:30 – 2:30 pm, \$50 ea.

**March 10, April 14, May 12, 2018:** More Information to follow.

### KIDS YOGA AND MINDFULNESS

With Susan Rodichok, RYT

Thursdays: 4:45-5:45 P.M.

**Winter Dates:** January 18, 25, February 1, 8, 15, March 1, 8, and 15

**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)**

### REIKI HEALING CIRCLE

With Cindy Odell, Certified Reiki Master

3 Fridays: 6-7 P.M., \$20

**Dates:** January 19, February 16, March 16

To Register: **Contact Cindy at 631-352-7367 or [reikimaster001@gmail.com](mailto:reikimaster001@gmail.com)**

### WHAT'S THE BUZZ?!? – YOGA AND ESSENTIAL OILS

With Keri Chiappino, DC, New Life Wellness Chiropractic

Sunday, January 21, 10am – 12 noon

**Cost:** \$50 per person, pre-registration required.

To Register: **Contact Keri at 631-561-1814, [newlifechi@me.com](mailto:newlifechi@me.com), or [bit.ly/eoyogajan2018](http://bit.ly/eoyogajan2018)**

**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.