



www.ambayoga.com

Current Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 am PILATES All Level Amy	10:00 am YOGA Beginner Lesa	10:00 am RESTORATIVE YOGA All Level Christina	10:00 am** YOGA & MEDITATION All Level Lesa	10:00 am RESTORATIVE YOGA All Level Christina	9:15- 10:15am YOGA Advanced Lesa
			4:45pm KIDS YOGA SERIES Sue Runs 9/28- 11/16 (See Back)		10:30- 11:30am YOGA & MEDITATION Beginner Lesa
7:30 pm YOGA 1** Intermediate Lesa	6:45 pm VINYASA All Level Lisa	6:45 pm RESORATIVE YOGA All Level Christina Returns 9/13	6:45pm VINYASA All Level Lisa		

** 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 Saturday morning classes.

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)

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

2 Saturdays 12:30 – 2:30 pm, \$50 ea.

October 21, 2017: Have fun Doing it at Home

November 18, 2017: Yoga for Stressful Times

KIDS YOGA AND MINDFULNESS

With Susan Rodichok, RYT

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

Two Sessions: Fall 2017 and Winter 2018

Fall Dates: September 28, October 5, 12, 19, 26, and November 2, 9, and 16

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**

PRIVATE INSTRUCTION/THERAPEUTICS

By Appointment with Lesa Kingsbury, E-RYT, C-IAYT, YACEP

Individual \$75/hr, Series of 8 \$560 (\$70 ea), Couple \$85/hr

Deepen your understanding of Yoga with an Individual Lesson. Learn the poses that are best suited to you and feel energized and freer. This is a great way to create a home practice and become more active in your own ease and well being.

On-Site Corporate \$150 min (up to 6 people), Group Class @ Amba \$95 (up to 6 people + \$10 ea additional)

Bring Yoga to your Workplace *or* Bring a group of people from your workplace to Amba. It is a great method for team building or creating more fun with co-workers.

LOCATION: Look for the sign: "Smithtown Professional Park 315, 317, 319, 321"

From East: 2 miles west of the Smithhaven Mall on Jericho Turnpike - 3rd Driveway on the right after Exxon Gas Station and Car Dealerships.

From West: East of Rte 111, take the 3rd Driveway on the left after you pass Terry Rd. before the Exxon Gas Station.