



www.ambayoga.com

## Current Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 am <b>PILATES</b> All Level Amy	10:00 am <b>YOGA</b> Beginner Lesa	9:30 am <b>RESTORATIVE</b> All Level Laura Starts 9/25	10:00 am** <b>YOGA THERAPEUTICS &amp; MEDITATION</b> All Level Lesa	10:00 am <b>GENTLE VINYASA</b> All Level Michelle	9:15- 10:15am <b>YOGA</b> Advanced Lesa
					10:30 am <b>YOGA &amp; MEDITATION</b> Beginner Lesa
7:30 pm <b>YOGA**</b> Intermediate Lesa	6:45 pm <b>VINYASA</b> All Level Lisa	6:45 pm <b>RESTORATIVE</b> All Level Laura	6:45pm <b>VINYASA</b> 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 noted otherwise.*

**DROP INS:** \$20 Adults, \$10 Students

**NEW STUDENT SPECIALS:**

3 classes for \$30, or 8 for \$60

**CLASS CARDS:**

10 Classes: \$150 (\$15 ea)

20 Classes: \$220 (\$11 ea)

30 Classes: \$299 (\$10 ea)

All Class Cards expire after 1-year

**UNLIMITED CLASSES:**

1 MONTH - \$99

3 MONTHS - \$270 (\$90/mo)

**HS/COLLEGE STUDENT SPECIALS:**

10 classes for \$75

**PRIVATE INSTRUCTION/THERAPEUTICS**

\$95/hr Group Class (up to 6 people)

\$90/hr Couple Lesson

\$85/hr Individual Lesson

\$80/hr for Series of 4 - \$320

\$75/hr for Series of 8 - \$600

**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.

**GENTLE VINYASA:** Like Vinyasa yet the gentle movements are great for building strength slowly. A great pairing with Pilates Classes Generally concludes with Restorative poses.

**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, sign up in advance. Go to [www.ambayoga.com/seriesworkshops](http://www.ambayoga.com/seriesworkshops) to register.

### Limitless Possibility – Meditation & Mindfulness

**Tuesday Nights at 8 pm** with Ken Taub

**Next Series:** September 17 & 24 October 1, 8, 15, 22

**IT IS POSSIBLE** to alter our reactions to life's upsets... steady our minds... and steady our course. We can, in fact, move from anxiousness to awareness, from holding on tight to letting go, and from stress to breath.

**COME JOIN US** for a 6-week adventure in guided meditation & visualization, quiet Zen-style sitting, some breath work, insight, inspiration & discussion. It will be peaceful and stimulating, enjoyable, and empowering.

**Each class:** 1 ½ hours on Tuesday nights, 8:05-9:35 p.m. It is suggested that you are able to attend at least 5 of the 6 classes in each series.

**Cost:** \$125 per 6-class series (pre-paid) 16 people maximum.

**SPECIAL OFFER:** \$195 per 6-class series and 10 yoga classes!

### Childrens Yoga

**Wednesdays 4:30-5:15pm** with Susan Rodichok, RYT

**Children's Ages: 7-12** **Dates:** Oct 16, 23, 30, Nov 6, 13, 20, Dec 4, 11

**Cost:** \$150 per session of 8 classes; payable at first class. Drop-in: \$25.

To Register: **Contact Susan at 631-561-1814 or [heart2heartkidsyoga@gmail.com](mailto:heart2heartkidsyoga@gmail.com)**

These classes offer children a chance to connect to their body and their breath in a playful and safe way through yoga postures and breathing techniques. Studies have shown that yoga increases focus and concentration and offers ways to calm the mind in people of all ages, especially children.

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

**Take driveway between the 315 and 317 buildings** we are the back right building.

**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.