



www.ambayoga.com

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>ABC YOGA</b> <b>SERIES</b> <i>*Special</i> <i>Dates</i> All Level Lesa K			<b>11 am</b> <b>ZOOM</b> <b>YOGA</b> Level 1 Lesa K
	<b>In Person</b> <b>YOGA</b> <b>5:30 pm/All</b> Level <b>7pm/Level 1</b> Lesa K				

Classes are approximately 60 min in length. You must be fully vaccinated for Covid 19 to attend an In-person class. Please send a copy your Vac card to lk@ambayoga.com prior. We are still not lending Props. Do bring your own mat, blocks, belt and blankets. All Class Cards expire 6 months from purchase date.

**IN PERSON YOGA CLASSES**

- \$135 10 Class Card
- \$90 6 Week ABC Series
- \$50 for 3 NEW STUDENT classes
- \$20 Single Class
- \$10 Student Single Class
- \$90 ABC Yoga Series 1 or 2

**ZOOM YOGA CLASSES**

- \$66 6 Class Card
- \$60 Zoom Private Lesson with Lesa
- \$60 Unlimited Monthly Zoom Single Month
- \$55 Unlimited Monthly Zoom w/auto renew
- \$15 Single Class

## **CLASS DEFINITIONS**

**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.

**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.

## **In-Person Yoga Series**

### **ABC Yoga: Yoga for Arthritic, Backache and Chronic Pain With Lesa Kingsbury, E-RYT, C-IAYT**

Finally some additional relief.....

**YOGA IS A MULTI-LAYERED PRACTICE** that gives you tools to calm and heal your body. Yoga has been shown to relieve inflammation, stiffness and pain, while increasing strength, flexibility, alignment and well-being. In fact, some of the most dramatic physical changes in yoga have happened not with the fit or athletic, but with people who suffer and are limited in their movement.

**IN THIS SERIES** Lesa will use the practice of hatha yoga to teach the poses appropriate for you to ease the frequent tightness and resistance of your body, thereby creating a greater state of ease and a greater range of motion. In addition, she will cover the basics for creating your own home practice, which can support you during the week in between the classes – extending the benefits of the one-on-one attention this small class setting will provide.

Series 1: Sept 15, 22, 29 & Oct 6, 13, 20

Series 2: Nov 3, 10, 17, Dec 1, 8, 15

Each Series: \$90 for all 6 Single Drop In: \$20

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

### **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)