

# A NEW CLASS: TGIF YOGA

**THIS MARCH – Friday's 4:30-5:45pm**

A Fun, All-Level Vinyasa Flow  
(for school teachers and other people we like & admire...)

## Meet Rose Fava, our Newest Teacher!



**Rose Fava, RYT** was trained in Ashtanga yoga. She has applied traditional practice to her unique Vinyasa flows, so they can be accessed by all practitioners, both new and advanced. Rose has experience teaching a variety of classes, from meditation to a gentle beginners flow to Vinyasa. Each of her classes are designed to include students of all ages and experience levels. Rose's yoga philosophy is grounded in gratitude and a positive attitude. She encourages each student to remain grateful in their practice, regardless of what life has in store for them on any given day.

### **Current Amba Students:**

**Your First Time is Free – (good for March 2018)**

### **School Teacher's Special:**

**Bring a fellow teacher (new student – first time FREE) to this class. If they sign up – you get 20% off your next class card purchase!**