

AMBA YOGA CENTER PRESENTS:



HEALING YOGA
FOR EASE, WELL-BEING AND
STRENGTHENING

SPECIAL SERIES OF 5 CLASSES:
FRIDAYS, 10:30 AM – 11:45AM
OCTOBER 19 – NOVEMBER 16, 2012
ALL 5 CLASSES: \$65
DROP INS: \$18

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 happen 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. Come and experience the benefits of the one-on-one attention this small class setting will provide.

NO EXPERIENCE IS NECESSARY. All levels are welcome. Bring your yoga mat and wear comfortable clothing. Please arrive on time, prepared to open up, relax and enjoy.



Lesa Kingsbury is the founder and co-owner of **Amba Yoga Center** in Smithtown, NY. She began her practice of yoga in 1994, as an outlet for stress from her position as an Architect with a high profile Manhattan design firm. Lesa is an Experienced Registered Yoga Teacher with the Yoga Alliance, and a Certified Yoga Therapist. She opened Amba Yoga Center in January 2001. Strongly rooted in the Iyengar tradition, she brings to her yoga practice a deep appreciation of form and function, together with a special attention to detail -- and to every individual student's personal needs.

SIGN UP NOW. This special series will be limited to 15 people on a first-come, first-serve basis. No Make ups for missed classes.

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