

**AMBA YOGA CENTER PRESENTS:**



**HEALING YOGA**  
**FOR EASE, WELL-BEING AND**  
**STRENGTHENING**

**SPECIAL SERIES OF 5 CLASSES:**  
**FRIDAYS, 10:30 AM – 11:45AM**  
**JANUARY 18 – FEBRUARY 15, 2013**  
**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.**

Amba Yoga Center 321 Middle Country Road Suite 2 Smithtown, NY 11787 631-366-3396  
[www.ambayoga.com](http://www.ambayoga.com)