

AMBA YOGA CENTER PRESENTS:

ABC YOGA

FOR ARTHRITIS, BACKACHE & CRONIC PAIN

w/Lesa Kingsbury, E-RYT, C-IAYT, YACEP



2 SPECIAL SERIES OF 6 CLASSES EACH

In-Person, Wednesdays, 11:00 am – 12 pm

SEPTEMBER 15 – OCTOBER 20, 2021

&

NOVEMBER 3 – DECEMBER 15, 2021

\$90 for each series /\$20 Drop in

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 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 specific yoga poses appropriate for you to ease the frequent tightness in 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.

NO EXPERIENCE IS NECESSARY. All levels are welcome. Bring a yoga mat, (1 belt, blocks, 2 blankets, if you have) Do arrive 10 min before, prepared to open up, relax and enjoy.

SIGN UP NOW. Go to www.ambayoga.com/purchaseonline.

**This special series will be limited to 12 people
on a first-come, first-serve basis.**



Lesa Kingsbury, E-RYT, C-IAYT, YACEP is the founder 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. Outside of Amba you can take classes with her LIVE online. Go to www.ambayoga.com for more info.