



www.ambayoga.com

Current Schedule

~ First Class is \$10 ~Join at any Time~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 am PILATES FUSION Amy	10:00 am YOGA Lesa		10:00 am YOGA Lesa	8 am YOGA FUSION Francesca Starts January 11	9:30 -11 am YOGA 1 Lesa
				10:30 am HEALING YOGA Lesa Jan 18-Feb 15 See Back	12:30 pm PRANAYAMA Dec 1 See Back
	6:30pm VINYASA Regina	6:45pm VINYASA Christina Starts January 9	6:45pm VINYASA Lisa		
7:30 pm YOGA 1 Lesa	8:00 pm MEDITATION Ken See Back				

~ HATHA YOGA CLASSES ~

Classes are 75 min in length, unless noted otherwise.

SINGLE CLASS COST

First Time: \$10

Drop-In: \$18

PUNCH CARD COST

12 Class: \$144 (\$12 ea)

25 Class: \$250 (\$10ea)

50 Classes: \$399 (\$8 ea)**

UNLIMITED CLASSES

\$99 for 1 month

\$360 for 6 months (\$60/mo)

\$599 for 12 months (\$50/mo)**

(Cards expire 1 year from purchase)

**** AMBA'S BEST BUYS**

SPECIAL CLASSES

Varies -See Back

PRIVATE INSTRUCTION

Individual \$65/hour

Couple \$80/hour

INSTRUCTION PACKAGES

6 Private Lessons: \$360

10 Private Lessons: \$550

PAYMENT: CASH OR CHECK and for Credit Cards – See Lesa Kingsbury

ARRIVE: NO EARLIER than 15 min prior to class please. Sticky mat is required. (We have some to borrow if you forget). Cell phones off please.

321 Middle Country Rd, Suite 2 Smithtown, NY 11787 631-366-3396

Schedule Effective December 8, 2012



~HATHA YOGA CLASSES~

Classes are 75 minutes in length unless noted otherwise on schedule.

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. It is taught in the tradition of BKS Iyengar.

VINYASA: Sometimes known as Flow Yoga. The series of poses are linked together with an emphasis on breathing and fluid movement. They are more aerobic than the beginning Yoga classes. Each class will be taught to the level of the students present.

PILATES FUSION: tightens and tones the entire body, improves flexibility and builds core strength by combining Yoga and Pilates Movement. The result is a mind-body workout that improves physical performance and mental alertness for people of all ages ~ and its fun!

YOGA FUSION: Very similar to Pilates Fusion except it is a lively class that combines all the Yoga postures that strengthen your core and balance. It is a great work out!

~SPECIAL CLASSES/SERIES/WORKSHOPS~

Space is limited to 15, sign up in advance/No Make Ups for missed classes.

HEALING YOGA Series with Lesa Kingsbury, ERYT

Fridays 10:30am, Jan 18 – Feb 15, 2013 5 Week Series, Whole Series - \$65/Drop Ins \$18

YOGA IS A MULTI-LAYERED PRACTICE that gives you tools to calm and heal your body. 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 ease and a greater range of motion.

PRANAYAMA with Carol Burns, Certified Iyengar Instructor

Saturdays 12:30-1:45 pm Reservations Required \$22 each Next Date: Dec 1

In this class we learn how to breathe, according to the methods of Pranayama and then learn to quiet the breath, moving into deeper levels of consciousness. Carol has studied with senior Iyengar teacher, Radames Silvestri in Italy, and B.K.S. Iyengar in the U.S. and India. She has practiced and taught for over 30 years.

MEDITATION AND MINDFULNESS with Ken Taub

Tuesday Nights at 8pm, Starting January 8, 2013

First Course: The Magic Cave:

January 8 - February 12, 2013

Second Course: What is it Like to Be Fully Awake?: March, 5, 12 and April 2, 9, 16, 23

Third Course: The Transformation of Anxiety, Fear & Reluctance: May 7 - June 11, 2013

Cost: Each Course \$125/All Three Courses (pre-paid) \$330. For more Info – email: kenja@optonline.net

PRIVATE LESSONS & YOGA THERAPY by Appointment with Lesa Kingsbury, ERYT

Private Yoga Instruction: Individual \$65/hr or Couple \$80/hr ~ Yoga Therapy: \$90/75 min

Deepen your understanding of Yoga with an Individual Lesson. Learn the poses that are best suited to you and feel energized and freer. This is a great way to create a home practice and become more active in your own ease and well being.

LOCATION: From East: 2 miles west of the Smithhaven Mall on Jericho Turnpike - 3rd Driveway on the right after Getty Gas Station and Car Dealerships. **From West:** 3 signal lights east of Rte 111, 3rd Driveway on the left after you pass Terry Rd. before Getty Gas Station.

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