



www.ambayoga.com

Current Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 am PILATES All Level Amy	10:00 am YOGA Beginner Lesa		10:00 am** YOGA & MEDITATION All Level Lesa	10:00 am RESTORATIVE YOGA All Level Christina	9:15-10:15am YOGA Advanced Lesa
			4:30pm Children's Yoga 8-14 years Sue 4/20-5/25 \$60 for series		10:30-11:30am YOGA & MEDITATION Beginner Lesa
7:30 pm YOGA 1** Intermediate Lesa	6:45 pm VINYASA All Level Lisa	6:45 pm RESORATIVE YOGA All Level Christina	6:45pm VINYASA All Level Lisa		

** Beginners are welcome on the first Monday of every Month/Chair Class first Thursday of every Month.

~ HATHA YOGA CLASSES ~

Classes are 75 min in length, except Saturday morning classes.

DROP INS: \$20

NEW STUDENT SPECIAL:

3 for \$30

8 for \$60

PUNCH CARDS COST:

10 Classes: \$150 (\$15 ea)

20 Classes: \$220 (\$11 ea)

30 Classes: \$299 (\$10 ea)

50 Classes: \$450 (\$9 ea)

UNLIMITED CLASSES:

1 MONTH - \$99

3 MONTHS - \$270 (\$90/mo)

PRIVATE INSTRUCTION/THERAPEUTICS

\$150/hr min On-Site Corporate Class (up to 6 people)

\$120/hr min In-Home Lesson

\$95/hr Group Class (up to 6 people)

\$85/hr Couple Lesson

\$75/hr Individual Lesson

\$70/hr for Series of 8 - \$560

PAYMENT: Cash, Check and Credit Cards

Can also pay/register online.

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.

~ HATHA YOGA CLASSES ~

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. Expectant Mothers Welcome. It is taught in the tradition of BKS Iyengar.

YOGA & MEDITATION: This class includes 10-15 minutes of seated meditation at the end of the class.

VINYASA: is generally known as Flow Yoga. Here, the emphasis is on linked poses, the breath and fluid movement. These classes are fun and slightly aerobic. For all levels.

RESTORATIVE YOGA: Poses are used to renew, revive and open the body. Propwork, and Pranayama basics will be covered.

PILATES: The small movements of Pilates improve balance and core strength. It does this in part by reinforcing the bond between the mind and the body's muscles in the core. This leads to better posture and may ease chronic low-back pain.

~SPECIAL CLASSES/SERIES/WORKSHOPS~

Space is limited to 12, sign up in advance.

SPRING WORKSHOPS

SATURDAYS 12:30 – 3PM / \$45 EACH

APRIL 8: DANCE WITH YOUR MAT AT HOME – Quit struggling with practicing yoga outside of class. Learn how to create a sequence that is fun and easy to do at home.

SPECIAL CLASSES

THURSDAYS 4:30-5:30 PM / \$60 FOR SERIES of 6 / Drop In \$15 each

APRIL 20-MAY 25: CHILDRENS YOGA Ages 8-14 with Sue Rodichok, RYT, RCYT

These classes offer children a chance to connect to their body and their breath in a playful and safe way through yoga postures and breathing techniques.

Contact Sue at heart2heartkidsyoga@gmail.com/631-561-1814

PRIVATE INSTRUCTION/THERAPEUTICS

By Appointment with Lesa Kingsbury, E-RYT, C-IAYT, YACEP

Individual \$75/hr, Series of 8 \$560 (\$70 ea), Couple \$85/hr

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.

On-Site Corporate \$150 min (up to 6 people),

Group Class @ Amba \$95 (up to 6 people + \$10 ea additional)

Bring Yoga to your Workplace or Bring a group of people from your workplace to Amba. It is a great method for team building or creating more fun with co-workers.

LOCATION: Look for the sign: "Smithtown Professional Park 315, 317, 319, 321"

From East: 2 miles west of the Smithhaven Mall on Jericho Turnpike - 3rd Driveway on the right after Exxon Gas Station and Car Dealerships.

From West: East of Rte 111, take the 3rd Driveway on the left after you pass Terry Rd. before the Exxon Gas Station.