



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 GENTLE VINYASA All Level Michelle | 9:15- 10:15am YOGA Advanced Lesa |
| | | | | | 10:30 am YOGA & MEDITATION Beginner Lesa |
| 7:30 pm YOGA** Intermediate Lesa | 6:45 pm VINYASA All Level Lisa | 6:45 pm RESTORATIVE All Level Laura | 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 noted otherwise.

DROP INS: \$20 Adults, \$10 Students

NEW STUDENT SPECIALS:
3 classes for \$30, or 8 for \$60

CLASS CARDS:
10 Classes: \$150 (\$15 ea)
20 Classes: \$220 (\$11 ea)
30 Classes: \$299 (\$10 ea)
All Class Cards expire after 1-year

UNLIMITED CLASSES:
1 MONTH - \$99
3 MONTHS - \$270 (\$90/mo)

HS/COLLEGE STUDENT SPECIALS:
10 classes for \$75

PRIVATE INSTRUCTION/THERAPEUTICS

\$95/hr Group Class (up to 6 people)
\$90/hr Couple Lesson
\$85/hr Individual Lesson
\$80/hr for Series of 4 - \$320
\$75/hr for Series of 8 - \$600

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 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.

GENTLE VINYASA: Like Vinyasa yet the gentle movements are great for building strength slowly. A great pairing with Pilates Classes Generally concludes with Restorative poses.

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, sign up in advance. Go to www.ambayoga.com/seriesworkshops to register.

Limitless Possibility – Meditation & Mindfulness

Tuesday Nights at 8 pm with Ken Taub

First Series: April 16, 23 & 30 May 7, 14 & 21 **Second Series:** September 17 & 24 October 1, 8, 15, 22
IT IS POSSIBLE to alter our reactions to life's upsets... steady our minds... and steady our course. We can, in fact, move from anxiousness to awareness, from holding on tight to letting go, and from stress to breath.

COME JOIN US for a 6-week adventure in guided meditation & visualization, quiet Zen-style sitting, some breath work, insight, inspiration & discussion. It will be peaceful and stimulating, enjoyable, and empowering.

Each class: 1 ½ hours on Tuesday nights, 8:05-9:35 p.m. It is suggested that you are able to attend at least 5 of the 6 classes in each series.

Cost: \$125 per 6-class series, \$225 for both series (pre-paid) 16 people maximum.

SPECIAL OFFER: \$195 per 6-class series and 10 yoga classes!

Childrens Yoga

Thursdays with Susan Rodichok, RYT

Children's Ages 8-12: 4:30-5:15 PM

Dates: March 7, 14, 21, 28 and April 4, 11, 18 and May 2

Cost: \$120 per session of 8 classes; payable at first class. Drop-in: \$20.

To Register: **Contact Susan at 631-561-1814 or heart2heartkidsyoga@gmail.com**

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. Studies have shown that yoga increases focus and concentration and offers ways to calm the mind in people of all ages, especially children.

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.