



www.ambayoga.com

Current Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 am YOGA Beginning Lesa		10:00 am YOGA Gentle Lesa		9:30 - 11 am YOGA 1 All Level Lesa
CLASS SERIES Jan/Feb See back		12:00 pm GENTLE VINYASA Amy			
		5:30pm VINYASA FUNDAMENTALS Christina BEGINS JAN 15			
7:30 YOGA 1 All Level Lesa	6:30pm VINYASA All Level Lisa	6:45pm GENTLE VINYASA Christina	6:45pm VINYASA All Level Lisa		

~ HATHA YOGA CLASSES ~

Classes are 75 min in length, unless noted otherwise.

DROP INS: \$20

NEW STUDENT SPECIAL: 3 for \$30

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

\$120/hr On-Site Corporate Class (up to 8 people)
\$110/hr In-Home Lesson
\$95/hr Group Class (up to 8 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.

321 Middle Country Rd, Suite 2 Smithtown, NY 11787 631-366-3396
Schedule Effective December 17, 2013



~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. It is taught in the tradition of BKS Iyengar.

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: For those of you wanting a transition from the YOGA classes to VINYASA. These classes introduce you to the basic movements and a gentle flow to build the strength and flexibility one needs for VINYASA.

~SPECIAL CLASSES/SERIES/WORKSHOPS~

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

CLASS SERIES

The Complete Breath™ Extensive Pranayama Techniques

For Teachers and Serious Students with Carol Eugenia Burns

6 Monday Series from 1 - 2:15pm: Jan 6, 13, 27 & Feb 3, 10, 24 2014

Cost: \$125 (pre-registration required)

THERE IS MORE to mindful breathing than just "listening to your breath." A highly regarded teacher and practitioner, Carol will take you through essential Pranayama techniques to improve your breathing – and your practice. **THIS SERIES** of 6 focused classes will allow devoted students to learn, and offer teachers a way to better guide their own students

FRIDAY EVENING AND SATURDAY AFTERNOON WORKSHOPS

Events to Be Announced More current information is at ambayoga.com.

PRIVATE INSTRUCTION/THERAPEUTICS

by Appointment with Lesa Kingsbury, E-RYT

Individual \$75/hr, Series of 8 \$560 (\$70 ea), Couple \$85/hr, In-Home \$110/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 \$120 (up to 8 people), Group Class @ Amba \$95 (up to 8 people)

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:

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: 3 signal lights east of Rte 111, 3rd Driveway on the left after you pass Terry Rd. before Exxon Gas Station.

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