



www.ambayoga.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 am PILATES All Level Amy	10:00 am YOGA Beginner Lesa	9:30 am RESTORATIVE All Level Laura	10:00 am** YOGA THERAPEUTICS & MEDITATION All Level Lesa	9:30 am YIN All Level Gigi Starts 3/20	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		
	8:00 pm MEDITATION All Level Ken*				

**** First Monday of the Month Beginners are invited/First Thursday of the Month is a Chair Class**
Classes are generally 75 min in length, except noted otherwise.

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

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

YOGA 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)

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

***MEDITATION CLASS CARDS:**
12 Classes: \$175

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

PAYMENT: Cash, Check and Credit Cards. Can also pay/register online.

~ 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. Prop work, and Pranayama basics will be covered.

YIN YOGA: A slow paced, more meditative style of yoga (like restorative with action) where the poses are held for a longer period of time to target the connective tissues rather than the muscles. Deeply relaxing.

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.

“Quiet within the Thunder” – Meditation & Mindfulness

Tuesday Nights at 8 pm with Ken Taub

Jan 14, 2020 – May 19, 2020 & Sept. 15 – Dec 15, 2020. 30 classes total.

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 an adventure in guided meditation & visualization, quiet Zen-style sitting & discussion for enhanced awareness and inner strength.

EACH CLASS: 1 ½ hours on Tuesday nights, 8:05-9:30 p.m. COST: 12 classes for \$175.

“Acu-Yoga” – Where Acupuncture and Yoga Meet

Saturday, April 4, 2020. 1-3pm, \$45 pre-registration/\$50 at the door.

with Lesa Kingsbury, E-RYT, C-IAYT, YACEP and Laura Shahinian Kara, MS, Lac, Diplomat NCCAOM

Learn Poses with Applied Acupressure Points to Enhance your Own Health

In yoga we have postures and poses used in specific ways to support our health.

Acupuncture/Acupressure is an ancient practice used to clear the body of blockages and accelerate healing. Put the two together and double the benefits. Sign up online or In Person

Childrens Yoga

Children's Ages: 7-12 with Susan Rodichok, RYT

Cost: \$150 per session of 8 classes; payable at first class. Drop-in: \$25.

Contact Susan at 631-561-1814 or heart2heartkidsyoga@gmail.com

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”

Take driveway between the 315 and 317 buildings we are the back right building.

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.