



www.ambayoga.com

## Current Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 am RESTORATIVE YOGA Christina	10:00 am YOGA Beginning Lesa		10:00 am RESTORATIVE YOGA Lesa		9:15am YOGA Advanced Lesa
		12:00 pm GENTLE VINYASA Amy			10:30am YOGA Begining Lesa
	6:30 pm VINYASA All Level Lisa	5:30pm* MAR 11 VINYASA FUNDAMENTALS Christina	6:45pm VINYASA All Level Lisa		
7:30 pm YOGA 1** Intermediate Lesa		6:45 pm VINYASA Beginning Christina			

\*Vinyasa Fundamentals RSVP required

\*\* Beginners are welcome on the first Monday of every Month.

### ~ HATHA YOGA CLASSES ~

Classes are 75 min in length, except Wednesday 5:30 pm Fundamentals and Saturday mornings.

**DROP INS:** \$20

**NEW STUDENT SPECIAL:**

3 for \$30 or 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**

\$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 March 2015



## ~ 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.

**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.

**VINYASA FUNDAMENTALS:** Instruction for beginning a vinyasa practice. Dates on schedule.

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

## ~SPECIAL CLASSES/SERIES/WORKSHOPS~

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

To Be Announced.....

### 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:** Look for the sign: “Smithtown Professional Park 315, 317, 319, 321”

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

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

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