Amba Yoga CENTER

www.ambayoga.com

Current Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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* Sept 17 VINYASA FUNDAMENTALS** Christina	**6:45pm VINYASA** All Level Lisa		
7:30 pm YOGA 1** Intermediate Lesa	**CLASS SERIES** See back	**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, 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 September 1, 2014

~ 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: Gives you the tools to start a vinyasa practice. Once a month.

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.

No Other Place Than Here - Being Awake to Your Own Life
Meditation & Mindfulness for a Busy World
3 Series Course with Ken Taub

Tuesday Nights at 8 PM Starting September 16, 2014

Cost: $330 for all Three Series, $125 for any individual Series. Contact Ken at kenja@optonline.net for more information.

FIRST SERIES: September 16, 23, 30, October 7, 14, 21

SECOND SERIES: November 11, 18, 25, December 2, 9, 16

THIRD SERIES (2015): January 13, 20, 27, February 3, 10, 24

Contact: kenja@optonline.net *or* Pay Online: www.ambayoga.com/payonline

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.