



| MONDAY | TUESDAY                                                 | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY                                               |
|--------|---------------------------------------------------------|-----------|----------|--------|--------------------------------------------------------|
|        | 10:00 am<br>YOGA<br>In Person &<br>On Zoom<br>All Level |           |          |        | 9:00 am<br>YOGA<br>In Person &<br>On Zoom<br>All Level |
|        | 6:30 pm<br>YOGA<br>In Person &<br>On Zoom<br>All Level  |           |          |        |                                                        |

#### **IN-PERSON CLASSES**

\$95 Private Lesson 55 min

\$150 10 Class Card

\$75 4 Class Card

\$23 1 - Single Class

(Note: you may use an In-Person  
class for a zoom class)

#### **ZOOM CLASSES**

\$75 Private Lesson 55 min

\$15 1 - Single Class

#### **ZOOM CLASS MONTHLY SUBSCRIPTIONS**

\$40 - 1x per week (\$10) ea)

\$75 - 2x per week (\$9 ea)

\$96 - 3x per week (\$8 ea)

*All Classes are taught by Lesa Kingsbury.*

*Classes are approximately 60 min in length.*

*Do bring your own mat, blocks, belt and blankets.*

*All Class Cards expire 3 months from purchase date.*

*Check the website for specific dates class not in session.*

Located In The Holistic Center For Soulful Living  
811 Jericho Turnpike, Suite 203 E, Smithtown, NY 11787  
Sign up at [www.ambayoga.com](http://www.ambayoga.com) or email [ambayoga.lesa@gmail.com](mailto:ambayoga.lesa@gmail.com)  
Schedule effective January 2024

## CLASS DESCRIPTION:

### Alignment Yoga for Stability, Flexibility and Greater Ease of Movement



with Lesa Kingsbury, E-RYT, C-IAYT

Yoga is widely known for its varied health benefits, including stress-relief and greater freedom of movement. This class is presented in a style which includes the therapeutic benefits of the poses, aiding both strength and mobility, while always respecting the anatomy of the human body. Each class is taught with a careful eye on each student for maximum personal attention. In nearly every class there are people who are relatively new to yoga, alongside others who have practiced for some time.

Doing yoga with Lesa, you will be taught in a supportive, unhurried atmosphere -- with a good dose of fun thrown in. Join Lesa for a friendly and intimate experience of this refined style of yoga. You'll leave each class feeling refreshed and enlivened.

#### More about the Instructor:

IN THE 1990s, Lesa discovered two very deep, and life-changing, loves. The first was with her infant son, Jake (now 25), and the other was with yoga. Both motherhood and a dedicated, ongoing yoga practice turned out to be transformative for her.

Combining her strong roots in the Iyengar tradition, and early training in yoga therapy, she brings to her teaching an expansive knowledge of yoga therapeutics as well as a deep appreciation of detailed movement and physical alignment. Lesa builds on her inventive problem-solving skills, along with her special attention to form and function taken from her prior career as an architect in California and Manhattan.

Lesa is certified both as an Experienced Registered Yoga Teacher with the Yoga Alliance (E-RYT), and a Certified Yoga Therapist with the International Association of Yoga Therapists (C-IAYT). She is also acknowledged as an expert in several categories of yoga teaching through the Yoga Alliance Continuing Education Providers (YACEP). She opened the original Amba Yoga Center of Smithtown in January 2001.

Lesa's teaching philosophy is simple: patiently address each student at their own level, so that they can learn each pose in a manner and at a pace which offers them maximum benefit.

#### ONE ON ONE INSTRUCTION:

With Lesa Kingsbury, E-RYT, C-IAYT

- \$95 for 1 In-Person Private Yoga Lesson
- \$75 for 1 Zoom Private Lesson
- \$10 for each additional person in private lesson

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