



## WE BEND OVER BACKWARDS...

**FOR YOU.** At Amba Yoga, we cater to our students, from beginners to those who have done yoga for years. Whatever your experience or physical condition, we help make each and every pose work for you.

**COMFORT.** Our classrooms are around 70 degrees, not 107 (which can be dangerous for some people). Each class revolves around the students, not a rigid regimen of the same poses over and over. We offer you ease, flexibility, a choice of yoga styles -- with teachers who are thoughtful and attentive.

**INTERESTED** in better health and a better state of mind? Then come join us at Amba Yoga of Smithtown.

**Amba Yoga.**

The  
Cool Yoga.

321 Middle Country Rd., Smithtown  
366-3396 / [www.ambayoga.com](http://www.ambayoga.com)

Bring this ad in with you and get your first 3 classes for \$25!