

# RIVER YOGA CLASS SCHEDULE:

## MARCH 2024

### MONDAY

#### GENTLE YOGA WITH LIZ

ALL LEVELS/BEGINNERS WELCOME

**9-10:15AM**

Build strength, flexibility, and balance with postures and align with the breath to create clarity, focus and peace of mind.

#### INTRO TO ASHTANGA YOGA WITH LIZ

**12-1PM**

SOME EXPERIENCE SUGGESTED

Explore the ancient practice of Ashtanga Yoga with Liz. Practice sun salutations, the standing and finishing sequences of traditional Ashtanga while exploring Ujjayi breathing and inward focus.

#### HAPPY HOUR FLOW WITH LIZ

ALL LEVELS

**4:30-5:30PM**

This one-hour vinyasa-style class will awaken your body, mind and spirit and will leave you feeling liberated and joyful!

### TUESDAY

#### INTRO TO QIGONG 5 ELEMENTS WITH KARA

ALL LEVELS/BEGINNERS WELCOME

**9-10 AM**

Qigong means to cultivate life force energy. Its purpose is to circulate, enhance and better the qui to become more harmonious. We do this with focused mind, gentle movement, stillness and breath.

#### FREE COMMUNITY CHAIR WITH LORI

VILLAGE MUNICIPAL BUILDING, PARK CIRCLE

**1-2PM**

This free class will address alignment and breath with the support of the chair. Perfect for our senior population and those with limitations.

FREE

#### KIDS YOGA WITH LANEY

AGES 6-11 (OR AGE APPROPRIATE)

**3:30-4PM**

Kids Yoga helps develop self-confidence and self-awareness. Through poses, movement and breath, we will encourage creativity and play!

#### HATHA YOGA WITH LIZ

ALL LEVELS

**5:30-6:45PM**

Join Liz and explore postures and transitions in this all levels slow flow class. Enjoy a grounding savasana with a neck and temple massage.

PRIVATE  
SESSIONS  
AVAILABLE!

### WEDNESDAY

#### MEDITATION IN MOTION WITH BETH

ALL LEVELS/BEGINNERS WELCOME

**9-10:15AM**

Join Beth, and explore elements of postures (asana), breathwork (pranayama), meditation, and yogic philosophy. Deep explorations of working with the body's energies, breath and meditation techniques, flowing pose sequences, chanting and more, will leave you feeling relaxed and rejuvenated.

#### HEALTHY HIPS - YIN YANG FLOW WITH LANEY

ALL LEVELS

**6-7PM**

Join Laney and combat tightness in the hips through a series of grounding Yin postures followed by a slow flow practice that will open the hips, alleviate mental imbalance and create space to flow into the rest of your week with ease..

### THURSDAY

#### BALANCE YOUR BODY WITH LORI

ALL LEVELS/BEGINNERS WELCOME

**9-10:15AM**

Explore proper alignment and breath and create a practice you love! All levels. Great for beginners.

#### DEEP CORE WITH LIZ

SOME EXPERIENCE SUGGESTED

**5:30-6:45PM**

Build strength, endurance, and flexibility while focusing on the breath. This practice will leave you feeling invigorated and detoxified.

### FRIDAY

#### YIN YOGA WITH KARA

ALL LEVELS

**9-10AM**

Tension generates stagnation of chi (vital life force energy). Yin helps chi move freely throughout the body creating feelings of well being and ease while creating increased flexibility & improving mobility.

#### INTRO TO ASHTANGA YOGA WITH LIZ

**12-1PM**

SOME EXPERIENCE SUGGESTED

Explore the ancient practice of Ashtanga Yoga with Liz. Practice sun salutations, the standing and finishing sequences of traditional Ashtanga while exploring Ujjayi breathing and inward focus.

#### HAPPY HOUR FLOW WITH JANE

ALL LEVELS

**4:30-5:30PM**

Boost flexibility, stamina and creativity in this all-levels flow with Jane! Explore vinyasa to ground the body and mind. This practice will be accompanied by a meditation practice.

### SATURDAY

#### QIGONG WITH KARA

ALL LEVELS/BEGINNERS WELCOME

**8-8:45AM (BEGINS MARCH 16TH)**

Decrease stress, improve mobility, and so much more! All levels welcome! Work with and cultivate life force using focused attention, and breath.

#### SLOW FLOW & YIN WITH KARA

ALL LEVELS/BEGINNERS WELCOME

**9-10AM**

Begin with yin postures to promote energy & increased flexibility. Then move slowly with intention into postures to increase strength & balance while maintaining a slow rhythm of breath to support & enhance your practice.

#### POWER YOGA WITH LANEY

ALL LEVELS

**10:30-11:30AM**

Join Laney for this empowering and energetic practice. Increase strength and circulation and reduce stress!

### SUNDAY

#### SOUL FLOW WITH LEAH

SOME EXPERIENCE SUGGESTED

**9-10AM**

This class combines mediation with movement. Expect to breathe and flow through postures, where your strength, flexibility, focus, and balance come into harmony.

# POP-UPS & WORKSHOPS

## RIVER YOGA BOOK CLUB

**TUESDAY, MARCH 5TH**

**7-8PM**

Community, snacks & great fun!

## SOUND BATH WITH JOHN MURACO

**SATURDAY, MARCH 16TH**

**5-6:15PM**

The Sound Bath will begin with a few gentle stretches, to relax and unwind the mind and body. Participants recline into a relaxing position to enjoy being bathed in the ambient sound waves of ancient healing instruments, including Chimes, Tibetan Singing Bowls, Crystal Alchemy Singing Bowls, Gongs and more.

Cost: \$40 early bird price till March 9th - \$45 after.

## MYOFASCIAL STRETCH & ROLL WITH TARA

**WEDNESDAY, MARCH 20TH**

**4:30-5:30PM**

Explore flexibility, relax your body & mind and release tension. We'll stretch, breathe, chill and move - connecting body and mind. Space is limited. Text Tara to reserve: 315-771-0783.

Cost: \$20 Cash or \$22 with Credit Card.

## EVENING YIN WITH KARA

**SUNDAY, MARCH 24TH**

**5-6PM**

Join Kara & find your stillness in supported postures. Balance emotions & open the body to more flexibility & energy flow while encouraging a more contemplative, non-reactive quality of mind.

## MEDITATION BASICS WITH LORI

**WEDNESDAY, MARCH 27TH**

**4:30-5:30PM**

Ignite your interest in meditation and learn the profound health benefits, learn the basics and create your own practice! Cost: \$20

## MANIFEST CIRCLE

**THURSDAY, MARCH 28TH**

**7-8PM**

Join Michele Armstrong (RYT-500) and our Yoga Community on the last Thursday of each month. following 5:30pm yoga, to hold sacred space for anything you would like to manifest. Speaking our heart's desire with equal parts intention and lightheartedness allows the universe to answer our call.

## COMING SOON

- ART OF TOUCH FOR TEACHERS WITH LIZ
- APRIL REIKI SHARE WITH MASTER LORI
- CACAO CEREMONY & SOUND BATH WITH DANA

## PILATES WITH TARA AMATO

**WEDNESDAYS, THURSDAYS & FRIDAYS (ADDITIONAL TIMES AVAILABLE UPON REQUEST)**

**RIVER YOGA, 234 JAMES STREET, CLAYTON NY**

Join Tara for group or private classes on the mat or on the reformer! 3 private sessions on the Reformer with Tara. Cost: \$99.00. Call or text 315-771-0783 or visit taraspilatesandpt.com to schedule.

## THE MELT METHOD WITH PAM YOUNGS

**BOOK A PRIVATE 1HR. SESSION - MONDAYS & TUESDAYS (ADDITIONAL TIMES AVAILABLE UPON REQUEST)**

MELT is a simple, self-care treatment technique using special soft balls and rollers to rehydrate your connective tissue by targeting its supportive qualities to restore joint stability and improve sensorimotor control. Call for more information: 315-778-0741. Cost: \$60 (includes a MELT bag with small and large soft ball).

### WELLNESS SERVICES

**BOOK YOUR APPOINTMENT TODAY!  
GIFT CERTIFICATES AVAILABLE!**

- **INTUITIVE MASSAGE, (ALSO HOT STONE, CUPPING, GUA SHA, REFLEXOLOGY, DEEP TISSUE, REIKI, CRANIOSACRAL & ASK ABOUT THE WINTER WARM UP WRAP!) - AMBER 315.529.2531**
- **ACUPUNCTURE, CHINESE MEDICINE & CUPPING - MCKENZIE 315.921.5400**
- **WILLOWS JOURNEY MUSCLE TESTING AND REIKI- STACY & BRYNN 315.7673825/315.783.8881**

### PRICING

- Drop In - \$16
- Student, Military & First Responder Drop In - \$12
- Kids (Age 5-11) Drop In - \$10.00
- 5 Class Pass - \$65
- 10 Class Pass - \$110
- Unlimited Monthly Rewards Pass - \$100
- Corporate 50 Class Pass - \$400

### SIGN UP

- Visit [riveryoga.net](http://riveryoga.net).
- Through the [Mindbody app](#).
- Call/text Liz at 315-523-0627.
- Or stop by! Drop ins welcome!
- River Yoga will never turn away for lack of funds. We are here to support your yoga journey! Liz: 315.523.0627