

## MONDAY

### MONDAY MORNING STRETCH WITH MARY- BEGINNERS 9-10AM

Wake up, loosen up, and cheer up with yoga for health and wellness! A gentle and nourishing class to discover yoga practices for your body, mind and spirit. Perfect for the very beginner.

### INTRO TO ASHTANGA YOGA WITH LIZ 12-1PM

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. Build strength, and endurance and create peace of mind.

### HAPPY HOUR FLOW WITH LIZ 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

### GREET THE DAY WITH GRATITUDE WITH SUE 6-7AM

Join Still Sue for this early morning practice of gratitude. Explore alignment, breath and inward focus to create the day you desire. We will have the studio open if you would like to arrive 15 minutes early for your own meditation, stillness or practice of your choice.

### GENTLE YOGA WITH CHYRSTAL- ALL LEVELS 9-10AM

This is an all levels class to help build strength and flexibility. We combine traditional yoga postures, breath and additional fitness movements to connect the mind and body.

### THE SCIENCE OF YOGA & YOUR VITALITY WITH TISA 12-1:15PM

Join Tisa in this practice and navigate your energy on your mat, into your personal life. Explore your body's circulatory, respiratory and digestive systems. Yoga is a proven science. All levels including beginners.

### 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.

### MOVING MEDITATIVE FLOW WITH LIZ 5:30-6:45PM

Join Liz for this all-levels gentle flow. Focus on alignment and breath and create your own unique practice.

# RIVER YOGA CLASS SCHEDULE: JUNE 2022

## WEDNESDAY

### RISE AND SHINE FLOW WITH LEAH 7-8AM

Start your morning with a practice that will add strength and clarity to your day! Join Leah for an energized vinyasa-style class where you will flow through postures linking breath to movement.

### THE 5 BODIES (KOSHA'S) WITH BETH 9-10:15AM

Join Beth, and explore the layers of being (the five bodies) through practice - from head to heart, mind to prana, thinking to feeling, doing to being. Each week will focus on a different "body". Fine tune alignment, breath, intuition and inner wisdom. Feel calmed and balanced.

## THURSDAY

### THE ANATOMY OF YOGA WITH LORI 9-10AM

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 9-10:15AM

Open the body to more flexibility, elasticity and energy flow. This contemplative practice with Kara will create a non-reactive quality of mind, peace and calm.

### INTRO TO ASHTANGA YOGA WITH LIZ 12-1PM

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. Build strength, and endurance and create peace of mind.

### HAPPY HOUR FLOW WITH LIZ 4:30-5:30PM

This slow vinyasa-style class will awaken your body and spirit and will leave you feeling liberated and full of joy!

## SATURDAY

### VINYASA FLOW WITH CHRISTINA- 7-8AM

Join Christina for this wake up and start your weekend organic flow practice! Increase strength and flexibility, and create the perfect foundation for your weekend.

### SATURDAY SLOW FLOW WITH KARA- ALL LEVELS 9-10:15AM

This class provides poses that range from gentle to challenging but are done with stable, self-centered energy. Maintaining balanced slow breathing encourages a meditative mindful pace. Well-suited for newer students or for those who desire deep concentration within their practice.

## SUNDAY

### SOUL FLOW WITH LEAH- ALL LEVELS 8-9AM

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

### PRICING

- Drop In - \$16.00
- Student, Military & First Responder Drop In - \$12.00
- 5 Class Pass - \$65.00
- 10 Class Pass - \$110.00
- Unlimited Monthly Pass - \$100.00

### SIGN UP

- Visit [riveryoga.net](http://riveryoga.net).
- Through the [Mindbody app](#).
- Call/text Liz at 315-523-0627.
- Or stop by!