

RIVER YOGA STUDIO

CLASS SCHEDULE: SEPTEMBER 2022

MONDAY

GENTLE YOGA WITH LIZ - ALL LEVELS 9-10AM

This is an all levels class that will build strength and flexibility, perfect for the beginner. Explore postures and align with the breath to create clarity, focus and peace-of-mind.

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 9-10AM

Join Still Sue for this 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.

SLOW FLOW FUSION WITH CHRYSAL- ALL LEVELS 5:30-6:45PM

This slow-flow class will fuse traditional yoga postures and modern fitness movements. This all levels class will build strength, flexibility and endurance.

WEDNESDAY

MEDITATION IN MOTION WITH BETH 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.

FLOW WITH LIVE MUSIC! WITH KELLI 4:30-5:30PM

Join Kelli and (Brand on guitar) in this all - levels empowering, energetic flow practice. This practice will leave you feeling detoxified and grounded.

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 LIZ- ALL LEVELS 9-10AM

Join Liz and explore Yin Yoga. Yin yoga targets and strengthens the connective tissues of the body - the fascia, ligaments, joints and bones.

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

SLOW FLOW STRENGTH & SERENITY WITH LIZ - ALL LEVELS 9-10:15AM

Join Liz and explore an all levels Slow Vinyasa Flow session that will inspire and leave you feeling empowered and rejuvenated. Modifications and variations provided so each student can find their own unique and intelligent practice.

SUNDAY

SOUL FLOW WITH LEAH- ALL LEVELS 9-10AM

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

POP-UPS & WORKSHOPS

YOGA & MASSAGE WITH MODERN HIPPIE WELLNESS

SEPTEMBER 5TH, 7TH, 19TH & 21ST
RIVER YOGA, 234 JAMES STREET, CLAYTON NY
10AM

COST: \$55

Join Jessica for a 75-minute yoga massage session and enjoy benefits such as increased blood circulation, stress & anxiety reduction, activation of the parasympathetic nervous system and more!

DRIFTWOOD YOGA 200HR YOGA TEACHER TRAINING

2022-2023

- OCT 15 & 16
- NOV 12 & 13
- DEC 10 & 11
- JAN 21 & 22
- FEB 18 & 19
- MAR 25 & 26
- APR 22 & 23

RIVER YOGA, 234 JAMES STREET, CLAYTON NY
COST: \$2,000 (NOT INCLUDING BOOKS)

Join us one weekend a month in person paired with virtual sessions throughout each month to complete this Yoga Alliance-approved training. Your investment in your training is \$2,000 (not including the cost of books) of which a deposit of \$500 is required upon enrollment and the remaining balance can be divided and paid each training weekend.

SAVE THE DATE!

SOUND BATH WITH JOHN MURACO

SEPTEMBER 30TH
RIVER YOGA, 234 JAMES STREET, CLAYTON NY
6-7:15PM

FREE WEEKLY CLASS:

TUESDAY

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.

WELLNESS SERVICES

WILLOWS JOURNEY MUSCLE TESTING AND REIKI- STACY & BRYNN
315.7673825/315.783.8881

MODERN WELLNESS MASSAGE BODYWORK & CUPPING-
JESSICA 845.800.6379

ACUPUNCTURE, CHINESE MEDICINE & CUPPING- MCKENZIE
315.921.5400

REIKI & CHAKRA BALANCING- LISA 315.681.1420

RIVER WELLNESS MASSAGE & BODYWORK- LORI 315.767.7391

ACCURATE WELLNESS THERMOGRAPHY IRIDOLOGY & HOLISTIC DIAGNOSIS- TAYLOR 561.309.9236

SIGN UP

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

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