

FREE & VIRTUAL RIVER YOGA SCHEDULE: JANUARY 2022

TUESDAY

COMMUNITY CHAIR WITH LORI

VIRTUAL AND 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.

WEDNESDAY

FREE FIRST WEDNESDAY OF THE MONTH COMMUNITY CHAIR WITH LORI

VIRTUAL AND AT PAYNTER SENIOR CENTER

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

THURSDAY

THE ANATOMY OF YOGA WITH LORI

VIRTUAL AND AT RIVER YOGA
9-10AM

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

We offer our virtual instruction on Facebook for free! Simply join our "[River Yoga Virtual Instruction Group](#)" on our Facebook page. You will be able to access live classes as well as your old favorites. Feel free to contact Liz with questions and concerns at 315-523-0627.