

# RIVER YOGA CLASS SCHEDULE:

## JUNE 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

#### TUESDAY TUNE-UP WITH SUE

ALL LEVELS/BEGINNERS WELCOME

**9-10 AM**

Boost your mood in this yoga fundamentals one-hour, all levels practice. Explore the abc's of yoga. Tune in and tune up!

#### 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.

#### KIDS YOGA WITH LANEY

AGES 6-II (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 FLOW 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.

**GRINDSTONE WINERY YOGA WITH JANE**  
BEGINNING JUNE 24TH  
MONDAYS & THURSDAYS  
10-11:15AM

## PRIVATE & GROUP 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.

#### 10 MINUTE ABS WORKOUT WITH MICHELE

ALL LEVELS

**5-5:10PM**

This workout will target your entire core including back and hips and balance will be challenged increasing your core strength. Suggested \$5 donation for RY's free Chair Yoga and Compassionate Care Programs!

#### 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**

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

#### SLOW FLOW SATURDAY WITH LIZ

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 ZOE

ALL LEVELS

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

Join Zoe 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, JUNE 4TH**  
7-8PM

June pick: Indigo Girl by Natasha Boyd. Community, snacks & great fun! See our website for more information.

## FITNESS CLINIC: FUNCTIONAL STRENGTH

**TUESDAY, JUNE 18TH**  
4-5:30PM

Experience Personal Training in the comfort of a group setting. Get individualized pointers & cues as you learn proper form & technique through various body weight exercises on your yoga mat, utilizing light weights & resistance bands. Cost: \$30

## MYOFASCIAL STRETCH & ROLL WITH TARA

**WEDNESDAY, JUNE 19TH**  
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.

## LUNCHEON FOR OUR SENIORS & CHAIR COMMUNITY

**TUESDAY, JUNE 18TH**  
12PM CHAIR YOGA & 1PM LUNCHEON  
CLAYTON MUNICIPAL BUILDING

Join River Yoga Friends & Family and celebrate our chair yoga community! Please consider volunteering a food item, your time or contribute to this celebration. For more Information - Liz 315-525-0627.

## SUMMER SOLSTICE YOGA AT FRINK PARK

**THURSDAY, JUNE 20TH**  
SUNRISE 5:15AM

Join Sue Hoffman to mindfully flow through sun salutations honoring ourselves, the sunlight and all the beauty around us on the longest day of sunshine of the year! Donations will support our Chair Yoga Program. Please bring your own mat:

## SUMMER SOLSTICE YOGA AT GRINDSTONE WINERY

**THURSDAY, JUNE 20TH**  
10AM - 11AM

Join Jane for an all-levels summer solstice slow flow at Grindstone Winery.

## DATE NIGHT DANCE LESSONS

**FRIDAY, JUNE 26TH**  
6PM

Joel & Rebecca combine different partner dance styles (Salsa, West Coast Swing, Bachata) and incorporate the patterns to work with people's baseline skills. No dance experience needed. Cost: \$40 per couple.

## MANIFEST CIRCLE

**THURSDAY, JUNE 27TH**  
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.

## EVENING YIN WITH KARA

**SUNDAY, JUNE 30TH**  
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.

## YOGA NIDRA SOUND JOURNEY WITH LIZ & DANA

**SATURDAY, JUNE 15TH**

5PM-6PM

Experience the profound benefits of yoga nidra guided meditation. Relaxing the body and mind into an altered state of peace & rejuvenation, accompanied by the soothing vibrations of crystal singing bowls, chimes, gong, and ocean drum. Cost: \$25 per person or \$60 per family up to 4.

## OH MY SOUND GODDESS: WEEKEND OF SOUND

**SUNDAY, JUNE 16TH**

11AM-12PM

An experience for the whole family, relax and receive the gift of sound. One-hour sound journey created with crystal bowls, gong, & chimes. Complimentary cacao. Cost: \$25 per person or \$60 per family up to 4.

## 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! 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 - AMBER**  
315.529.2531
- **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