

# RIVER YOGA CLASS SCHEDULE: APRIL 2025

## MONDAY

### GENTLE YOGA WITH LIZ

ALL LEVELS/BEGINNERS WELCOME

**9-10:15AM**

This class will build your strength, flexibility, and balance. Explore traditional yoga postures and align with the breath and create clarity, focus and peace-of-mind.

### INTRO TO ASHTANGA YOGA WITH LIZ

**12-1PM (OPTION TO STAY UNTIL 1:30PM FOR FULL SERIES)**

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

### MINDFUL STRETCH WITH LIZ

ALL LEVELS/BEGINNERS WELCOME

**9-10 AM**

Explore classical yoga poses, breathwork and gentle movement. Build strength, flexibility and relaxation in the body-mind. This practice is for every body!

### 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 ZOE

ALL LEVELS/BEGINNERS WELCOME

**3:30-4PM**

Join Zoe each Tuesday afternoon for kids yoga!

### MINDFUL 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.

GIFT CERTIFICATES  
AVAILABLE!

## WEDNESDAY

### MEDITATION IN MOTION YOGA 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.

### RESTORE & REJUVENATE WITH JANE

ALL LEVELS

**6-7PM**

Join Jane for a midweek reset to balance your mind and body through yoga poses, functional movement and meditation.

## 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

### FRIDAY MORNING YIN WITH KARA

ALL LEVELS

**9-10AM**

This therapeutic class will explore longer held postures with the use of props, to target the bone tissues of the body. It is the perfect compliment to our busy modern world and will leave you with a sense of clarity and ease.

### 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!

## SATURDAY

### SATURDAY MORNING SLOW FLOW WITH LEAH/LIZ

ALL LEVELS/BEGINNERS WELCOME

**9-10AM**

Join us for this grounding all-levels slow paced vinyasa session. Deepen your understanding of yoga and feel refreshed and relaxed.

### POWER YOGA WITH ZOE

SOME EXPERIENCE SUGGESTED

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

Join Zoe for this vigorous, energetic vinyasa flow class. Honor your own pace and abilities. Come as you are, do what you can!

## 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, APRIL 1ST: 7-8PM**

This month's pick: James by Percival Everett. Community, snacks & great fun! See our website for more information. All are welcome to attend!

## MYOFASCIAL STRETCH & ROLL WITH TARA

**WEDNESDAY, APRIL 2ND: 4:30-5:30PM**

Explore flexibility, relax your body & mind and release tension. Text Tara to reserve: 315-771-0783. Cost: \$20 Cash or \$22 with Credit Card.

## SPRING BREATHWORK CEREMONY WITH DANA WAKLEY

**SATURDAY, APRIL 12TH: 11-1PM**

Join Dana in this workshop to promote relaxation, reduce stress and support emotional release. Self awareness enhances clarity, energy and overall well being. Text 585-794-9394 to reserve. Limited spots available. Cost: \$45

## SOULFUL SLOW FLOW WITH LIVE GUITAR AND GATHERING WITH ZOE AND CONNER

**SUNDAY, APRIL 13TH: 4-5:15PM**

Join Zoe for a Sunday soulful spring flow class accompanied with a live acoustic guitar set. Join us after class for a get-together at DiPrinzio's (River Yoga attendees will receive \$1 off your first drink!) Cost: \$25

## YOGA NIDRA & REIKI EXPERIENCE WITH LIZ & STACY

**MONDAY, APRIL 14TH 6-7PM (PLEASE ARRIVE AT 5:45 TO SET UP YOUR COZY SPACE)**

Experience deep relaxation and rejuvenation as Liz and Stacy guide you through the ancient practice of Yoga Nidra with Reiki. This special event includes a cacao intention-setting ritual, promoting emotional balance and heart-centered healing. Limited Spots Available! Reserve Your Space Today! Cost: \$25 - Includes Cacao Ritual.

## MYOFASCIAL STRETCH & ROLL WITH TARA

**WEDNESDAY, APRIL 16TH 4:30-5:30PM**

Explore flexibility, relax your body & mind and release tension. Text Tara to reserve: 315-771-0783. Cost: \$20 Cash or \$22 with Credit Card.

## SPRING RESET: THE ARC OF SOUND FEATURING A KUNDALINI YOGA IMMERSION WITH JOHN

**SUNDAY, APRIL 27TH: 4-6:30PM**

Begin with a Kundalini Yoga sequence to stimulate blood and lymph flow, increase lung capacity, and settle the nervous system. This class will invite challenge and will be accessible to everyone regardless of ability. There will be snacks and a break built in! Participants will then be carefully transported through a multi-sensory music-scape ranging from soft and nurturing tones to a culmination of intense peak levels of sound created with an ensemble of over 6 hand forged gongs. Cost: \$45

## MYOFASCIAL STRETCH & ROLL WITH TARA

**WEDNESDAY, APRIL 30TH 4:30-5:30PM**

Explore flexibility, relax your body & mind and release tension. Text Tara to reserve: 315-771-0783. Cost: \$20 Cash or \$22 with Credit Card.

## PILATES WITH TARA AMATO

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. Cost: \$60 (includes a MELT bag with small and large soft ball).

**STAY WITH US! BOOK A STAY AT ONE OF OUR THREE CLAYTON PROPERTIES THROUGH AIRBNB. VISIT [RIVERYOGA.NET/STAY-WITH-US](https://www.riveryoga.net/stay-with-us) OR CALL 315-523-0627 FOR MORE INFORMATION.**

### WELLNESS SERVICES

BOOK YOUR APPOINTMENT TODAY!  
GIFT CERTIFICATES AVAILABLE!

- **WILLOWS JOURNEY MUSCLE TESTING AND REIKI- STACY & BRYNN**  
315.7673825/315.783.8881
- **MYOFASCIAL & CRANIOSACRAL THERAPY FOR PAIN & STRESS MANAGEMENT - TARA** 315.771.0783
- **INTUITIVE MASSAGE, (ALSO HOT STONE, CUPPING, GUA SHA, REFLEXOLOGY, DEEP TISSUE, REIKI & CRANIOSACRAL - AMBER**  
315.529.2531
- **MASSAGE THERAPY & YOUNG LIVING BRAND PARTNER - CLARK** 315.778.1317

### 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](https://www.riveryoga.net).
- Through the [Mindbody app](https://www.mindbodyapp.com).
- 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

NEW PRICING AVAILABLE MAY 1<sup>ST</sup>. INFORMATION ON WEBSITE SOON.