

RIVER YOGA CLASS SCHEDULE:

JULY 2025

MONDAY

YIN & FLOW WITH KARA

ALL LEVELS/BEGINNERS WELCOME

9-10:15AM

A practice that combines the long-held passive poses of yin yoga with the dynamic flowing movement of vinyasa yoga.

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.

PILATES FLOW WITH BRI

ALL LEVELS

3-4PM

Focus on deep core, stability and flexibility with mindful movement and controlled breathwork through yoga asanas and pilates exercises.

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

YOQI WITH KARA

ALL LEVELS/BEGINNERS WELCOME

9-10 AM

Both yoga and qigong are thousands of years old systems of body & mind healing using movement, breath & intention.

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.

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.

SUMMER IS HERE AND OUR FAVORITE COMMUNITY ISLAND CLASSES ARE BACK! ALL LEVELS. BYOM/SOME MATS AVAILABLE

TI PARK YOGA

WITH LIZ

MONDAYS,
WEDNESDAYS
& FRIDAYS
8-9:15AM

GRINDSTONE WINERY YOGA

WITH JANE

TUESDAYS &
THURSDAYS
10-11:15AM

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.

FREE BREATHING ROOM WITH KARA

ALL LEVELS

12-3PM

A space to rest and reset. Come for 5 minutes or 3 hours. A list of meditation practices will be available as well as a teacher to answer any questions.

MID-WEEK FLOW WITH CHRISTINA

SOME EXPERIENCE SUGGESTED

CENTENNIAL PARK, WEATHER PERMITTING

OTHERWISE AT RIVER YOGA

6-7PM

This mid-week yoga flow on the River will brighten your day and enliven your practice. Meet at the studio, grab your props and weather pending we will cross the street to the park!

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/LEAH

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

9-10:15AM

This therapeutic class will explore longer held postures with the use of props, to target the bone tissues of the body.

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 CHRISTINA

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 LEAH/CHRISTINA

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

BELLYDANCE WITH BETH

ALL LEVELS

10:30-11:30AM - OFFERED JULY 13TH, 20TH & 27TH

Join Beth regardless of dance experience, size, shape, gender, etc. in a fun, supportive, non-judgmental space of sharing and connection!

RIVER YOGA BOOK CLUB

TUESDAY, JULY 1ST: 7-8PM

This month's pick: The Wedding People by Alison Espach. Community, snacks & great fun! See our website for more information. All are welcome to attend!

BREATHWORK WITH DANA WAKLEY

MONDAY, JULY 7TH: 6-8PM

Take time to restore, heal and ground yourself. Relive stress and tension and increase mental clarity. Bring an eye mask (extras available). Cost: \$45

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, JULY 9TH: 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.

FREE! YOGA IN NATURE WITH JANE

NATURE CENTER, WELLESLEY ISLAND

FRIDAY, JULY 11TH: 9-10:30PM

Join Jane MacLaughlin, from Clayton's River Yoga Center, for a free yoga class! Refresh with yoga on our scenic Eel Bay-facing lawn, weather permitting, or inside our classroom if we can't be outside. Following yoga, we'll take a meditative hike on one of our beautiful nature trails. BYO yoga mat. Please RSVP by calling the Nature Center.

YOGA NIDRA & REIKI EXPERIENCE WITH LIZ & STACY

MONDAY, JULY 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. Cost: \$30 - Includes Cacao Ritual.

OFF ISLANDERS YOGA WITH JANE

GRINDSTONE WINERY - UPPER TOWN LANDING DOCKS/AUNT JANES BAY

THURSDAY, JULY 17TH: 9:30-11:30PM - 9:30AM SHUTTLE PICK UP

A special yoga morning with Jane made for off-islanders! Come be a Grindstone guest. Book your shuttle on the winery bus! \$5.00 PP, call Jane at 315-778-6972.

FREE! YOGA IN NATURE WITH JANE

NATURE CENTER, WELLESLEY ISLAND

FRIDAY, JULY 18TH: 9-10:30PM

Join Jane MacLaughlin, from Clayton's River Yoga Center, for a free yoga class! Refresh with yoga on our scenic Eel Bay-facing lawn, weather permitting, or inside our classroom if we can't be outside. Following yoga, we'll take a meditative hike on one of our beautiful nature trails. BYO yoga mat. Please RSVP by calling the Nature Center.

FLOOR PILATES WITH EMILY CHAVOUSTIE

SUNDAY, JULY 20TH: 12-1PM

Emily is a pilates instructor, ICU nurse and Miami native with a passion for travel and wellness. Her classes bring the heat and are accompanied by creative playlists that include light house and funk. Regular class price.

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, JULY 23RD: 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.

FREE! LET IT FLOW: KIDSTREK WITH TILT & RIVER YOGA

TI PARK

THURSDAY, JULY 24TH: 10-12:30PM

Get ready for an adventure at Thousand Island Park with Friends of Rock Ridges! Kids will hike, explore, and team up with conservation heroes to discover how we can keep our ecosystems happy and healthy. KidsTrek participants must be accompanied by an adult. Register today!

POP-UPS & WORKSHOPS

SUNSET SALUTATIONS AT CENTENNIAL PARK

MONDAY, JULY 28TH: 6-7PM

Join our community for vinyasa flows outside. If weather does not cooperate, class will be held at River Yoga. Some experience recommended. Text Christina for info: 607-242-2933. Cost: Regular class.

TAROT & ORACLE READINGS WITH EMPRESS EMILY

MONDAYS - 10:30AM - 5:30PM - BY APPOINTMENT

SATURDAYS - 10AM - 1PM - WALK INS WELCOME

\$25 Per 15 minute session. Text Emily to reserve your spot! 315.527.9667

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
- **ACUPUNCTURE, CHINESE MEDICINE & CUPPING** - MCKENZIE
315.921.5400
- **MASSAGE THERAPY AND HOLISTIC SERVICES** - BRI 559.960.7549

PRICING

- Drop In - \$18
- Student, Military & First Responder Drop In - \$16
- Kids (Age 5-11) Drop In - \$10.00
- 5 Class Pass - \$75
- 10 Class Pass - \$135
- Unlimited Monthly Pass - \$130
- Corporate 50 Class Pass - \$550
- Annual Unlimited Pass - \$1,111

SIGN UP

- Visit [riveryoga.net](https://www.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