

RIVER YOGA CLASS SCHEDULE:

JUNE 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

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

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.

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.

HIP HARMONY WITH JANE

ALL LEVELS

CENTENNIAL PARK, WEATHER PERMITTING
OTHERWISE AT RIVER YOGA

6-7PM

Join Jane for a slow flow for healthy, happy hips combined with restorative postures to integrate your practice.

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.

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 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 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

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, JUNE 3RD: 7-8PM

This month's pick: Braiding Sweetgrass by Robin Wall Kimmerer. Community, snacks & great fun! See our website for more information. All are welcome to attend!

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, JUNE 11TH: 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.

YOGA NIDRA & REIKI EXPERIENCE WITH LIZ & STACY

MONDAY, JUNE 16TH: 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.

SUMMER SOLSTICE YOGA AT FRINK PARK

FRIDAY, JUNE 20TH

SUNRISE 5:15AM

Join Kara 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 Chain Yoga Program. Please bring your own mat.

TILT NATURE WALK & YOGA CLASS

THE SISSY DANFORTH RIVERGATE TRAIL

FRIDAY, JUNE 20TH: 10:30-12PM

Begin your day with a nature walk and yoga class at the beautiful S. Gerald Ingerson Preserve in Clayton with River Yoga's Jane MacLaughlin. We will take in the stunning views of the woodlands and grasslands along McCarn Creek followed by an all-levels yoga experience. Register today! Donations accepted.

YOGA NIDRA & REIKI EXPERIENCE WITH LIZ & STACY

MONDAY, JUNE 23RD: 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.

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, JUNE 25TH: 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.

THE ARC OF SOUND: SOUND BATH WITH JOHN FEATURING GUEST MUSICIAN, ALEX BONEHAM

FRIDAY, JUNE 27TH: 6-7PM

Experience the Arc of Sound –a therapeutic sound immersion that combines a customized movement sequence and live sound-meditation or “sound bath”. The Sound Bath is delivered through a set of carefully selected instruments that elicit relaxation, restoration, personal reflection, and more. Cost: \$45

SUNSET SALUTATIONS AT CENTENNIAL PARK

MONDAY, JUNE 30TH: 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.

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

POP-UPS & WORKSHOPS

REIKI HEALER LEVEL 1 USUI/HOLY FIRE CLASS

SATURDAY, JUNE 28TH AND SUNDAY, JULY 6TH: 9AM-1PM

This training is for anyone who would like to learn to practice Reiki. This class includes Holy Fire Reiki and integrates traditional Japanese and Western Usui Reiki healing methods. No previous experience required. Classes are small to ensure that the needs of all students are met. Cost: \$200.

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