

# RIVER YOGA CLASS SCHEDULE: JANUARY 2022

## MONDAY

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### GENTLE YOGA WITH LIZ- BEGINNERS 9-10AM

This gentle class will focus on aligning the body with breath while cultivating stability and ease. Great for the beginner or those wanting to fine-tune their practices.

### HAPPY HOUR FLOW WITH LIZ 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!

## THURSDAY

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### THE ANATOMY OF YOGA WITH LORI 9-10AM

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

### DEEP CORE WITH LIZ- SOME EXPERIENCE SUGGESTED 5:30-6:30PM

Build strength, endurance, and flexibility while focusing on the breath. This practice will leave you feeling invigorated and detoxified.

## SUNDAY

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### YIN YOGA WITH KARA- ALL LEVELS 9:00-10:15

Yin invites stillness of body & mind within supported long-held postures often using props to therapeutically stress connective tissues, release tension and make space for energy to flow freely.

### WARM FLOW WITH LANEY 4-5:15AM

This heated power practice is great for flexibility and skin detox.

## TUESDAY

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### GENTLE YOGA WITH LIZ- BEGINNERS 9-10AM

This gentle class will focus on aligning the body with breath while cultivating stability and ease. Great for the beginner or those wanting to fine-tune their practices.

### MOVING MEDITATIVE FLOW WITH LIZ 5:30-6:45PM

Join Liz for this all-levels gentle flow. Focus on alignment and breath and create your own unique practice.

## FRIDAY

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### YIN YOGA WITH LIZ- ALL LEVELS 9-10:15AM

Stretch the muscles and create balance in the body-mind. Strengthen and lengthen the tissues, joints, ligaments and fascia. This practice is perfect for all practitioners.

### HAPPY HOUR FLOW WITH LIZ 4:30-5:30PM

This slow vinyasa-style class will awaken your body and spirit and will leave you feeling liberated and full of joy!

## WEDNESDAY

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### YOGA WITH THE STICK WITH TISA 9-10AM

Join Tisa and learn to use the stick to create space, strength flexibility and balance! All levels welcome.

### POWER FLOW WITH LANEY 6-7PM

This class promotes healthy blood flow through movement, breath work and heat. Experience is encouraged but not required.

## SATURDAY

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### SATURDAY SLOW FLOW WITH KARA- ALL LEVELS 9-10:15AM

This class provides poses that range from gentle to challenging but are done with stable, self-centered energy. Maintaining balanced slow breathing encourages a meditative mindful pace. Well-suited for newer students or for those who desire deep concentration within their practice.

### PRICING

- Drop In - \$15.00
- Student, Military & First Responder Drop In - \$10.00
- 5 Class Pass - \$60.00
- 10 Class Pass - \$105.00
- Unlimited Monthly Pass - \$90.00

### SIGN UP

- Visit [riveryoga.net](http://riveryoga.net).
- Through the [Mindbody app](#).
- Call/text Liz at 315-523-0627.
- Or stop by!