

RIVER YOGA CLASS SCHEDULE: MARCH 2025

MONDAY

GENTLE YOGA WITH KARA

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/TAYLOR

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/KARA

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 RADHJEMD/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/ZOE

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.

HIP HARMONY WITH JANE

ALL LEVELS

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/CHRISTINA

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/TAYLOR

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 TAYLOR/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 Christina 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, MARCH 4TH: 7-8PM

This month's pick: The Snow Child by Eowyn Ivey. Community, snacks & great fun! See our website for more information. All are welcome to attend!

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, MARCH 12TH: 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.

CANDLE LIGHT YIN WITH KARA

SUNDAY, MARCH 16TH: 6:45-8PM

Last one of the season!! Enjoy the peaceful tranquility of candlelight as we dive deep into a Yin yoga practice. Cultivating the qualities of stillness, receptivity and surrender. The perfect way to embody the pause, soften towards intensity and open to life as it is felt within.

CONSCIOUS BREATHWORK CEREMONY WITH DANA WAKLEY

SATURDAY, MARCH 22: 12-2PM

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

SOUNDBATH CEREMONY WITH MICHELLE G.

SUNDAY, MARCH 23RD: 4:30 -5:30PM

Join Michelle and deeply relax in waves of soothing, echoing vibrations from Crystal & Tibetan Bowls, Steel Tongue Drum, and other magical instruments. Release stress and fatigue, and lift your spirits! Sign up on-line or call 315-523-0627 to register. Cost: \$35

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, MARCH 26TH 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.

STEPPING INTO SILENCE WITH RADHGEMD

SUNDAY, MARCH 30TH 4-6PM

Come dip your toes into the sweetness of silence. We'll open with a short mental process to help you start to empty your mind. Next we'll formally initiate our window of silence as we move into doing some gentle yoga to support clearing anything that's bothering you out of the body. You'll then be guided through a deep full body relaxation combined with a ceremony to welcome stillness into all cells of your body. We'll end with a guided meditation and a closing portal. Cost: \$30.

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).

ORDER HEALTHY PLANT-BASED DINNERS FROM THE BOAT YARD FOR DELIVERY AT RIVER YOGA EACH THURSDAY AT 5PM! ORDER BY TUESDAY PM. WEEKLY MENU AVAILABLE AT RIVER YOGA. 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
- **TAKING BOOKINGS IN MARCH** - INTUITIVE MASSAGE, (ALSO HOT STONE, CUPPING, GUA SHA, REFLEXOLOGY, DEEP TISSUE, REIKI & CRANIOSACRAL - AMBER 315.529.2531

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.
- 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