

RIVER YOGA CLASS SCHEDULE:

SEPTEMBER 2025

MONDAY

GENTLE YOGA WITH LIZ

ALL LEVELS/BEGINNERS WELCOME

9-10:15AM

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.

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

9-10AM

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.

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.

FREE

HEALTHY HIPS FLOW WITH LANEY

SOME EXPERIENCE SUGGESTED

6-7PM

Join us for an all-levels class designed to release tension, build strength, and improve hip mobility. Move with ease and leave feeling open and refreshed.

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 LEAH/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

9-10:15AM

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

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12-1PM

SOME EXPERIENCE SUGGESTED

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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

Wake up with 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.

POP-UPS & WORKSHOPS

THE YEAR OF THE SNAKE SACRED CACAO CEREMONY WITH CANDACE BLAIR

MONDAY, SEPTEMBER 1ST: 4:30-6:30PM

Call 315.523.0627 for waitlist. Together, we will share a shamanic dose of 100% pure, Guatemalan ceremonial cacao, select oracle cards and set intentions before lying back for a guided visualization using the powers the gongs, shamanic drums, crystal and alchemy singing bowls, koshi bells, the rainstick, chimes and curated music to take us deeper into our meditation. Cost: \$65

SOUND HEALING WITH KAHRIN

FRIDAY, SEPTEMBER 5TH: 6PM

Kahrin is a singer-songwriter and multimedia artist from Cleveland, Ohio. Angelic and sincere, her music carries listeners on a journey through the heart. She draws inspiration from her ancestors and the natural world, describing her music as Shamanic Folk. "Music is my medicine, stronger when it's shared". Please join us for this unique and inspiring sound healing. Cost: \$30.

RIVER YOGA BOOK CLUB

TUESDAY, SEPTEMBER 9TH: 7-8PM

This month's pick: The Lies They Told by Ellen Marie Wiseman. Community, snacks & great fun! See our website for more information. All are welcome to attend!

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, SEPTEMBER 10TH: 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.

DEEP STRETCH WITH LEAH

SUNDAY, SEPTEMBER 14TH: 4-5:15PM

There is good work to be done when the body is still. Join Leah for a Yin experience. Expect a practice of stretching, settling, and stilling of the mind and body. Cost: Regular class price.

RESTORATIVE & REIKI WITH KARA

SUNDAY, SEPTEMBER 21ST: 6:30-7:45PM

Enjoy a cup of organic cacao to enhance relaxation & settle into fully supported yoga postures that invite your nervous system into a state of deep rest. Receive Reiki a Japanese form of hands on energy work that promotes self-healing, peace & emotional well being. Space is limited. Cost: \$25

YOGA NIDRA & REIKI EXPERIENCE WITH LIZ & STACY

MONDAY, SEPTEMBER 22ND: 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, SEPTEMBER 24TH: 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.

GENTLE YOGA & YOGA NIDRA WITH BETH YAZELL

SUNDAY, SEPTEMBER 28TH: 1-2:30PM

Our slow, mindful yoga practice prepares us for Autumn, creating calm energy in our bodies and peace in our hearts. The second half of our gathering takes us on a guided tour through the layers of human consciousness known as yoga nidra. All that's required is to lie down and listen –no complicated techniques. No prior yoga or meditation experience required –all are welcome! Cost: \$25

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
- **REIKI & BACH FLOWER CONSULTING** - TORI 951.523.0815

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