

# RIVER YOGA CLASS SCHEDULE: MAY 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 (OPTION TO STAY UNTIL 1:30PM FOR FULL SERIES)**

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

### 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. 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.

### 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

**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. 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

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

# POP-UPS & WORKSHOPS

## YOGA NIDRA & REIKI EXPERIENCE WITH LIZ & STACY

**MONDAY, MAY 5TH 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. Limited Spots Available! Reserve Your Space Today! Cost: \$30 - Includes Cacao Ritual.

## RIVER YOGA BOOK CLUB

**TUESDAY, MAY 6TH: 7-8PM**

This month's pick: Any book by Louise Penny. Community, snacks & great fun! See our website for more information. All are welcome to attend!

## MANIFEST CIRCLE

**THURSDAY, MAY 8TH: 7-8PM**

Like the law of gravity, the law of attraction is irrefutable. Join Michele Armstrong (RYT-500) and our Yoga Community in the magic Manifest Circle Pop-Up to hold sacred space for anything you would like to manifest. Speaking our heart's desire with equal parts intention and light heartedness allows the universe to answer our call.



## MYOFASCIAL STRETCH & ROLL WITH TARA

**WEDNESDAY, MAY 14TH: 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: SPRING SOUND BATH WITH JOHN

**FRIDAY, MAY 16TH: 6-7PM**

Experience the Arc of Sound –a therapeutic sound immersion that combines a customized movement sequence and live sound-meditation or “sound bath”. This program can offer participants deep states of presence, and an opportunity to tone the nervous system and shift the way one relates to stress and challenge. The Sound Bath is delivered through a set of carefully selected instruments that elicit relaxation, restoration, personal reflection, and more—people most commonly share feeling invigorated, relaxed, and have emotional insights through this experience. Cost: \$35

## CONSCIOUS BREATHWORK CEREMONY (BREATHE BEFORE THE RUSH) WITH DANA WAKLEY

**SATURDAY, MAY 19TH: 6-8PM**

Don't miss this extraordinary experience with Dana. Breathe before the rush... before summer sweeps you off your feet. Take time to restore, heal and ground yourself. Special pricing for all in service industry - \$35.

## DANCE YOUR GODDESS WITH BETH

**SATURDAY, MAY 24TH: 1-3PM**

During our gathering, Beth will introduce basic steps, combinations, and isolations. You'll learn that bellydance is much more than shakin' your tail feathers while sharing a deeply meaningful experience with other dancers, discovering your rhythm, and having a blast! Join us! Cost: \$30.

## MYOFASCIAL STRETCH & ROLL WITH TARA

**WEDNESDAY, MAY 28TH 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.

## 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

### 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