

RIVER YOGA CLASS SCHEDULE:

OCTOBER 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

MINDFUL STRETCH WITH LIZ

ALL LEVELS/BEGINNERS WELCOME

9-10AM

Explore classical yoga poses, breathwork and gentle movements to build strength, flexibility and relaxation in the body-mind.

PRE-POSTNATAL YOGA WITH TAYLOR

ALL LEVELS/BEGINNERS WELCOME

12-12:45PM

Let's play and stretch and share! Join Taylor on Tuesdays at noon for this all-levels yoga exploration. This fun, supported family yoga class is for mamas-to-be and parents.

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.

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 LIZ/LEAH

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

AUTUMN YIN WITH LEAH

ALL LEVELS

9-10:15AM

Join Leah to nourish the body and soul through the practice of Yin Yoga. Embrace the slow season as a time of reflection and recommitment. Follow nature's path of letting go...

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

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

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, OCTOBER 1ST: 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.

YIN WITH YOGA NIDRA WITH LEAH

SUNDAY, OCTOBER 5TH: 4-5:30PM

Join Leah for a special 90 minute class where we will focus on creating space within the body and quiet within the mind. Cost: \$20

POP-UP PILATES WITH BRI - ALL LEVELS

MONDAY, OCTOBER 6TH: 6-7PM

This low-impact exercise method will focus on improving core strength, flexibility, and body awareness by using controlled movements on your mat. Cost: Regular class fee.

RIVER YOGA BOOK CLUB

TUESDAY, OCTOBER 7TH: 7-8PM

This month's pick: The God of the Woods by Liz Moore. Community, snacks & great fun! See our website for more information. All are welcome to attend!

BREATHWORK CEREMONY WITH DANA

FRIDAY, OCTOBER 10TH: 6-8PM

Amplify intentions, release old patterns and expand consciousness. The ceremony includes Cacao. Cost: \$45

POP-UP PILATES WITH BRI - ALL LEVELS

WEDNESDAY, OCTOBER 15TH: 10:30-11:30AM

This low-impact exercise method will focus on improving core strength, flexibility, and body awareness by using controlled movements on your mat. Cost: Regular class fee.

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, OCTOBER 15TH: 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.

POP-UP PILATES WITH BRI - ALL LEVELS

MONDAY, OCTOBER 20TH: 6-7PM

This low-impact exercise method will focus on improving core strength, flexibility, and body awareness by using controlled movements on your mat. Cost: Regular class fee.

YOGA NIDRA & REIKI EXPERIENCE WITH LIZ & STACY

MONDAY, OCTOBER 27TH: 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.

POP-UP PILATES WITH BRI - ALL LEVELS

WEDNESDAY, OCTOBER 29TH: 10:30-11:30AM

This low-impact exercise method will focus on improving core strength, flexibility, and body awareness by using controlled movements on your mat. Cost: Regular class fee.

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, OCTOBER 29TH: 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).

COMING IN NOVEMBER!

- SOUNDBATH WITH JOHN
- SOUND HEALING SESSION, PRIVATE SOUND HEALING, AND LIVE MUSIC CONCERT WITH KAHRIN
- MEDITATION CLASS
- MALA WORKSHOP

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
- **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