

RIVER YOGA CLASS SCHEDULE:

APRIL 2024

MONDAY

GENTLE YOGA WITH LIZ

ALL LEVELS/BEGINNERS WELCOME

9-10:15AM

Build strength, flexibility, and balance with postures and align with the breath to 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

9-10 AM (APRIL 2ND, 9TH & 16TH)

Explore classical yoga poses, breathwork and gentle movement. Build strength, flexibility and relaxation in the body-mind.

INTRO TO QIGONG 5 ELEMENTS WITH KARA

ALL LEVELS/BEGINNERS WELCOME

9-10 AM (APRIL 23RD & 30TH)

Qigong means to cultivate life force energy. Its purpose is to circulate, enhance and better the qui to become more harmonious. We do this with focused mind, gentle movement, stillness and breath.

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 LANEY

AGES 6-II (OR AGE APPROPRIATE)

3:30-4PM

Kids Yoga helps develop self-confidence and self-awareness. Through poses, movement and breath, we will encourage creativity and play!

HATHA YOGA 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.



WEDNESDAY

HEALTHY HIPS - YIN YANG FLOW WITH LANEY

ALL LEVELS

6-7PM

Join Laney and combat tightness in the hips through a series of grounding Yin postures followed by a slow flow practice that will open the hips, alleviate mental imbalance and create space to flow into the rest of your week with ease..

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.

10 MINUTE ABS WORKOUT WITH MICHELE

ALL LEVELS

5-5:10PM

This workout will target your entire core including back and hips and balance will be challenged increasing your core strength. Suggested \$5 donation for RY's free Chair Yoga and Compassionate Care Programs!

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

YIN YOGA WITH KARA/LIZ

ALL LEVELS

9-10AM

Tension generates stagnation of chi (vital life force energy). Yin helps chi move freely throughout the body creating feelings of well being and ease while creating increased flexibility & improving mobility.

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 JANE

ALL LEVELS

4:30-5:30PM

Boost flexibility, stamina and creativity in this all-levels flow with Jane! Explore vinyasa to ground the body and mind. This practice will be accompanied by a meditation practice.

SATURDAY

QIGONG WITH KARA

ALL LEVELS/BEGINNERS WELCOME

8-8:45AM (APRIL 20TH & 27TH ONLY)

Decrease stress, improve mobility, and so much more! All levels welcome! Work with and cultivate life force using focused attention, and breath.

SLOW FLOW & YIN WITH KARA

ALL LEVELS/BEGINNERS WELCOME

9-10AM (APRIL 20TH & 27TH)

Begin with yin postures to promote energy & increased flexibility. Then move slowly with intention into postures to increase strength & balance while maintaining a slow rhythm of breath to support & enhance your practice.

SPRING SLOW FLOW WITH LIZ

ALL LEVELS/BEGINNERS WELCOME

9-10AM (APRIL 6TH & 13TH)

Join Liz for a delicious Spring Slow Flow! Start out your weekend with a spring in your step and an open heart!

POWER YOGA WITH LANEY

ALL LEVELS

10:30-11:30AM

Join Laney for this empowering and energetic practice. Increase strength and circulation and reduce stress!

SUNDAY

SOUL FLOW WITH LEAH/COMMUNITY TEACHERS

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

RIVER YOGA BOOK CLUB

TUESDAY, APRIL 2ND

7-8PM

Community, snacks & great fun!

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, APRIL 17TH

4:30-5:30PM

Explore flexibility, relax your body & mind and release tension. We'll stretch, breathe, chill and move - connecting body and mind. Space is limited. Text Tara to reserve: 315-771-0783.

Cost: \$20 Cash or \$22 with Credit Card.

MANIFEST CIRCLE

THURSDAY, APRIL 25TH

7-8PM

Join Michele Armstrong (RYT-500) and our Yoga Community on the last Thursday of each month. Following 5:30pm yoga, to hold sacred space for anything you would like to manifest. Speaking our heart's desire with equal parts intention and lightheartedness allows the universe to answer our call.

SPRING MAKE YOUR OWN MALA WORKSHOP

SATURDAY, APRIL 27TH

1PM

Whether you're looking to attract abundance, soothe your mind or infuse your life with joy & creativity, this one's for you! Embody the energy & spirit of spring while creating your own mala.

Cost: \$80 - pre-register on mind body!

SOUND BATH WITH JOHN MURACO

SATURDAY, APRIL 27TH

4-5:15PM

The Sound Bath will begin with a few gentle stretches, to relax and unwind the mind and body. Participants recline into a relaxing position to enjoy being bathed in the ambient sound waves of ancient healing instruments, including Chimes, Tibetan Singing Bowls, Crystal Alchemy Singing Bowls, Gongs and more.

Cost: \$35

HOMESTEADING IN THE THOUSAND ISLANDS

SUNDAY, APRIL 28TH

3-4PM (TEA TIME: 4-5PM & YIN YOGA: 5-6PM)

Join us and the Minna Anthony Common Nature Center in this presentation on how native edible and medicinal plants can be used to better you and your environment. We will explore practical methods that you can employ in your daily life to become a more conscious consumer. You are what you eat. If you don't know what you're eating, do you know who you are?

EVENING YIN WITH KARA

SUNDAY, APRIL 28TH

5-6PM

Join Kara & find your stillness in supported postures. Balance emotions & open the body to more flexibility & energy flow while encouraging a more contemplative, non-reactive quality of mind.

OH MY SOUND GODDESS PRESENTS WEEKEND OF SOUND

SATURDAY, MAY 25: 5-6PM & SUNDAY, MAY 26TH: 10:30-11:30AM

An experience for the whole family, relax and receive the gift of sound. One-hour sound journey created with crystal bowls, gong, & chimes. Complimentary cacao.

Cost: \$25 per person or \$60 per family up to 4.

PILATES WITH TARA AMATO

WEDNESDAYS, THURSDAYS & FRIDAYS (ADDITIONAL TIMES AVAILABLE UPON REQUEST)

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. Call for more information: 315-778-0741. Cost: \$60 (includes a MELT bag with small and large soft ball).

WELLNESS SERVICES

BOOK YOUR APPOINTMENT TODAY!
GIFT CERTIFICATES AVAILABLE!

- **INTUITIVE MASSAGE, (ALSO HOT STONE, CUPPING, GUA SHA, REFLEXOLOGY, DEEP TISSUE, REIKI & CRANIOSACRAL - AMBER**
315.529.2531
- **ACUPUNCTURE, CHINESE MEDICINE & CUPPING - MCKENZIE**
315.921.5400
- **WILLOWS JOURNEY MUSCLE TESTING AND REIKI- STACY & BRYNN**
315.7673825/315.783.8881

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