

RIVER YOGA STUDIO CLASS SCHEDULE:

MONDAY

GENTLE YOGA WITH LIZ

ALL LEVELS/BEGINNERS WELCOME

9-10:15AM

This is an all levels class that will build strength and flexibility, perfect for the beginner. Explore 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. Build strength, and endurance and create peace of mind.

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

GENTLE YOGA WITH CHRYSAL

ALL LEVELS/BEGINNERS WELCOME

9-10:15AM

Chrystal will guide you in this gentle flow practice to help stretch and strengthen the body and mind.

KIDS YOGA: AFTER SCHOOL YOGA PROGRAM WITH CHRYSAL

AGES 5-11 YEARS

3:30-4PM

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

FLOW FUSION WITH CHRYSAL

SOME EXPERIENCE RECOMMENDED

5:30-6:45PM

This flow class will fuse traditional yoga postures and modern fitness movements. This practice will build strength, flexibility and endurance.

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.

JANUARY 2023

WE HAVE GIFT CERTIFICATES!

WEDNESDAY

FREE GROUP MEDITATION CLASS

8-8:30AM



Meditation is an individual journey because it's a journey into the self. However, group meditation allows us to go deeper into ourselves, our experience is intensified and effects expand to our environment.

Donations accepted to support: Our free, weekly, year-round Chair Yoga Program! To date, River Yoga has gifted over \$20,000 of Free Chair Yoga Classes to our Community. Thank you!

MEDITATION IN MOTION 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.

POWER FLOW! VINYASA FLOW WITH LANEY

4:30-5:30PM

SOME EXPERIENCE SUGGESTED

With Laney Aubertine, RYT-200. This class promotes healthy blood flow through movement, breath, and heat. Some experience is encouraged.

THURSDAY

THE ANATOMY OF YOGA WITH LORI

ALL LEVELS/BEGINNERS WELCOME

9-10AM

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

YIN YOGA WITH LIZ

ALL LEVELS

9-10AM

Join Liz and explore Yin Yoga. Yin yoga targets and strengthens the connective tissues of the body - the fascia, ligaments, joints and bones.

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. Build strength, and endurance and create peace of mind.

HAPPY HOUR FLOW WITH LIZ

ALL LEVELS

4:30-5:30PM

This slow vinyasa-style class will awaken your body and spirit and will leave you feeling liberated and full of joy!

SATURDAY

SLOW FLOW STRENGTH & SERENITY WITH LIZ

ALL LEVELS/BEGINNERS WELCOME

9-10:15AM

Join Liz and explore an all levels Slow Vinyasa Flow session that will inspire and leave you feeling empowered and rejuvenated. Modifications and variations provided so each student can find their own unique and intelligent practice.

POWER FLOW WITH LANEY

ALL LEVELS

10:30-11:30AM

Join Laney Mellrath, RYT-200 for power hour at River Yoga! Great for those looking to increase circulation and reduce stress!

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 ★

PILATES WITH TARA AMATO

MONDAYS, FRIDAYS & SATURDAYS

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

Join Tara for group or private classes on the mat or on the reformer! 3 private sessions on the Reformer with Tara. Cost: \$99.00. Call or text 315-771-0783 to schedule.

MYSTIQUE OF THE VEIL BELLYDANCING

SUNDAY, JANUARY 15TH

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

1PM-3PM

Join Beth as she breaks down one of her troupe's signature veil choreographies (the song is Radha Ramana by Jai Uttal). Please wear socks to help you glide across the floor. We'll take periodic breaks for water, so please bring some with you. Wear comfortable clothing that's easy to move in (yoga gear is great). Veils provided. Cost: \$25 Per Person.

SOUND BATH WITH JOHN MURACO

SATURDAY, JANUARY 21ST

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

4PM - 6PM

This is a unique and powerful journey that you will want to experience for yourself! The sound bath will begin with a few gentle yoga stretches, to relax and unwind the mind and body, then participants recline into a relaxing shavasana 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 Per Person.

INTRODUCTION TO CHANTING

SUNDAY, JANUARY 22ND

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

3PM-5PM

This workshop is for all who dream of a more joyful and easy relationship with their voice. All are welcome! No chanting, singing or yoga experience necessary. Clancy will guide you through joyful exercises to support vocal health, and we will practice a chant to Shiva to invite the experience of heart and brain coherence. Cost: \$25 Per Person.

YOGA & MASSAGE WITH MODERN HIPPIE WELLNESS

JANUARY 23RD & 25TH (PRIVATE SESSIONS AND GIFT CARDS AVAILABLE UPON REQUEST. CALL 845.800.6379.)

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

10:30AM

Join Jessica for a 75-minute yoga massage session and enjoy benefits such as increased blood circulation, stress & anxiety reduction, activation of the parasympathetic nervous system and more! Cost: \$55.

REIKI I WORKSHOP

SUNDAY, JANUARY 29TH

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

1PM-4PM

Reiki is a Japanese technique that reduces stress and creates deep relaxation and healing. In this Reiki Attunement Workshop you will learn to strengthen your own natural abilities and step into your own empowerment. You will learn how to heal yourself and others, clear your aura and keep yourself from being energetically drained. Earn your Reiki Level 1 Attunement. You will receive a study manual and certificate of completion. Cost: \$125 Per Person.

WELLNESS SERVICES

BOOK YOUR APPOINTMENT TODAY! GIFT CERTIFICATES AVAILABLE!

WILLOWS JOURNEY MUSCLE TESTING AND REIKI- STACY & BRYNN

315.7673825/315.783.8881

Friday 11th & Wednesday 23rd.

MODERN WELLNESS MASSAGE BODYWORK & CUPPING-

JESSICA 845.800.6379

Mondays, Wednesdays & More!

TRANSFORMATION AND STRESS-REDUCTION COACHING- LEE

VANCE, PSYD 315-771-0164

REIKI & CHAKRA BALANCING- LISA 315.681.1420

RIVER WELLNESS MASSAGE & BODYWORK- LORI 315.767.7391

SIGN UP

- Visit riveryoga.net.
- Through the [Mindbody app](#).
- Call/text Liz at 315-523-0627.
- Or stop by!

PRICING

- Drop In - \$16.00
- Student, Military & First Responder Drop In - \$12.00
- 5 Class Pass - \$65.00
- 10 Class Pass - \$110.00
- Unlimited Monthly Rewards Pass - \$100.00
- Corporate 50 Class Pass - \$400.00