

RIVER YOGA

CLASS SCHEDULE:

MAY 2022

MONDAY

GENTLE YOGA WITH LIZ- BEGINNERS 9-10AM

This gentle class will focus on aligning the body with breath while cultivating stability and ease. Great for the beginner or those wanting to fine-tune their practices.

INTRO TO ASHTANGA YOGA WITH LIZ 12-1PM

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 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 CHYRSTAL- ALL LEVELS 9-10AM

This is an all levels class to help build strength and flexibility. We combine traditional yoga postures, breath and additional fitness movements to connect the mind and body.

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.

MOVING MEDITATIVE FLOW WITH LIZ 5:30-6:45PM

Join Liz for this all-levels gentle flow. Focus on alignment and breath and create your own unique practice.

WEDNESDAY

SUNRISE FLOW WITH LEAH (BEGINNING MAY 11TH) 6-7AM

Start your morning with a practice that will add strength and clarity to your day! Join Leah for an energized vinyasa-style class where you will flow through postures linking breath to movement.

THE SCIENCE OF YOGA & YOUR VITALITY WITH TISA 9-10AM

This class promotes healthy blood flow through movement, breath work and heat. Experience is encouraged but not required.

THURSDAY

THE ANATOMY OF YOGA WITH LORI 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 5:30-6:30PM

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 9-10:15AM

Stretch the muscles and create balance in the body-mind. Strengthen and lengthen the tissues, joints, ligaments and fascia. This practice is perfect for all practitioners.

INTRO TO ASHTANGA YOGA WITH LIZ 12-1PM

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 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

SATURDAY SLOW FLOW WITH KARA- ALL LEVELS 9-10:15AM

This class provides poses that range from gentle to challenging but are done with stable, self-centered energy. Maintaining balanced slow breathing encourages a meditative mindful pace. Well-suited for newer students or for those who desire deep concentration within their practice.

SUNDAY

YIN YOGA WITH KARA- ALL LEVELS 9:00-10:15

Yin invites stillness of body & mind within supported long-held postures often using props to therapeutically stress connective tissues, release tension and make space for energy to flow freely.

POWER FLOW WITH CHRISTINA 11-12:15AM

This class promotes healthy blood flow through movement, breath work and heat. Experience is encouraged but not required.

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 Pass - \$100.00

SIGN UP

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