

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 AM

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!

MARTIAL ARTS BASED KICKBOXING WITH CHRYSAL

ALL LEVELS

4:15-5PM (BEGINNING FEB. 14TH)

Improve overall fitness, learn self-defense, release stress & build confidence! This 45 min. practice will incorporate punches and kicks to tone your legs, arms and abs.

FLOW FUSION WITH CHRYSAL

SOME EXPERIENCE RECOMMENDED

5:30-6:45PM

This flow class will fuse traditional yoga postures and modern fitness movements. 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.

FEBRUARY 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. In lieu of class payment, River Yoga asks you to write a greeting card to a local senior. There is a way we can brighten their day in an old-school way. The small act of sending a card to someone will help them know people care about them.



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.

HEALTHY HIPS FLOW WITH LANEY

4:30-5:30PM

ALL LEVELS

Release tension in the body and the mind in this new class designed to promote mental well-being, hip mobility, balance, and posture! We will open the hips in a series of poses using props.

THURSDAY

BALANCE YOUR BODY 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.

FREE

★ 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.

YOGA & MASSAGE WITH MODERN HIPPIE WELLNESS

FEBRUARY 6TH, 8TH, 20TH & 22ND(PRIVATE SESSIONS AND GIFT CARDS AVAILABLE UPON REQUEST. CALL 845.800.6379.)

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

10:30AM/CALL TO SCHEDULE

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.

INTRODUCTION TO CHANTING

SATURDAY, FEBRUARY 18TH

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:\$30 Per Person.

UPLIFTING REIKI SHARE AT RIVER YOGA

SATURDAY, FEBRUARY 25TH

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

1PM-2:30PM

We welcome all Reiki-attuned students and Reiki practitioners! Let's join our efforts to heal and create peace. River Yoga will supply refreshments. Led by Lori Wilson Arnot, Reiki Master. Practice with us! Donation suggested: \$5

THE WOMANLY ART OF BELLYDANCING

SUNDAY, FEBRUARY 26TH

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

1PM-3PM

Beth's inspiration for this dance began with the ritual dances of pre Christian tribeswomen, dances which were performed by women and for women, usually to encourage and honor a woman in labor. Over the years, Beth has danced with teachers across many bellydance styles and backgrounds and has assimilated some of those influences to arrive at dancing in a way that feels holistic and creative and which honors the divine feminine spirit! Cost: \$25 Per Person.

MARTIAL ARTS BASED KICKBOXING WITH CHRYSTAL

WEDNESDAY'S & PRIVATE CLASSES

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

4:15PM-5PM/CALL TO SCHEDULE

Improve your overall fitness, learn self-defense, release stress and build confidence! This practice will incorporate punches and kicks to tone your legs, arms and abs.

MARK YOUR CALENDARS! SOUND BATH WITH JOHN MURACO

SATURDAY, MARCH 25TH

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

4PM - 6PM

WELLNESS SERVICES

BOOK YOUR APPOINTMENT TODAY! GIFT CERTIFICATES AVAILABLE!

WILLOWS JOURNEY MUSCLE TESTING AND REIKI- STACY & BRYNN

315.7673825/315.783.8881

Thursday 2nd & Sunday 19th.

MODERN WELLNESS MASSAGE BODYWORK & CUPPING-

JESSICA 845.800.6379

Mondays, Wednesdays & More!

ACUPUNCTURE, CHINESE MEDICINE & CUPPING - MCKENZIE

315.921.5400

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! Drop ins welcome!

PRICING

- Drop In - \$16.00
- Student, Military & First Responder Drop In - \$12.00
- Kids (Age 5-11) Drop In - \$10.00
- 5 Class Pass - \$65.00
- 10 Class Pass - \$110.00
- Unlimited Monthly Rewards Pass - \$100.00
- Corporate 50 Class Pass - \$400.00