

RIVER YOGA CLASS SCHEDULE: NOVEMBER 2024

MONDAY

GENTLE YOGA & QIGONG WITH KARA

ALL LEVELS/BEGINNERS WELCOME

9-10:15AM

Explore gentle movement patterns & postures, grounded with breath & focused attention to align the body & allow qi(energy)to flow freely. Enhancing the body, mind & spirit!

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

Explore classical yoga poses, breathwork and gentle movement. Build strength, flexibility and relaxation in the body-mind. This practice is for every body!

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 ZOE

ALL LEVELS/BEGINNERS WELCOME

3:30-4PM

Join Zoe each tuesday afternoon for kids yoga!

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.

PRIVATE &
GROUP SESSIONS
AVAILABLE!

WEDNESDAY

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.

FREE BREATHING ROOM WITH KARA

ALL LEVELS

12-3PM

A space to rest and reset. Come for 5 minutes or 3 hours. A list of meditation practices will be available as well as a teacher to answer any questions.

HIP HARMONY WITH JANE

ALL LEVELS

6-7PM

Join Jane for a slow flow for healthy, happy hips combined with restorative postures to integrate your practice.

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

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

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 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 Christina 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

Join Zoe for 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 mediation 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, NOVEMBER 5TH: 7-8PM

This month's pick: Hour of the Witch by Chris Bohjalian. Community, snacks & great fun! See our website for more information.

BOOSTING IMMUNITY WITH BREATHONTOLOGY & AYURVEDA WITH RADHJEMD

SATURDAY, NOVEMBER 9TH: 4-5:30PM

In this hands-on workshop, we will tap into the ancient wisdom of Ayurveda which offers holistic approaches to boosting immunity. A rich array of suggestions for drinks, spices, and foods will be shared. You will tap into breath work practices and go on a meditative journey that will fortify your understanding of your immune system. We will explore the science behind the practice of nasal lubrication, known as Nasya, and you will be given the opportunity learn this self treatment. Three different nasya oils will be available for purchase at an additional cost: 2 pack of Anu Tailam & Ksheerabala 101 for \$15 60 oz bottle of locally made Nasya Oil for \$18
Cost: \$25 per person.

CANDLE-LIT SLOW FLOW & LIVE ACOUSTICS WITH ZOE AND CONNER

SUNDAY, NOVEMBER 10TH: 6-7:15PM

Join Zoe and Connor for a Sunday evening slow flow class lit by candles, accompanied with a live acoustic guitar set. Handcrafted tea provided. Cost: \$25

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, NOVEMBER 20TH: 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 FLYING DRAGON FLOW WITH KARA

SUNDAY, NOVEMBER 17TH: 11AM-12PM

This dynamic flow feels like a dance that evokes qualities of power & wisdom of the dragon Move with breath to open the body, heart & lungs building energy, Strength & balance. Some experience suggested.

CANDLE LIGHT YIN WITH KARA

SUNDAY, NOVEMBER 24TH: 5-6:15PM

This season signals a time to turn inward & embrace the dark, lunar sides of our lives. It is the perfect time for the soft, slow, long holds that target our connective tissues in Yin Yoga. Enjoy the gentle, rhythmic flicker of a flame to reduce stress & anxiety, promoting inner harmony as we find our stillness in body & mind in preparation for the holiday season.

FREE BREATHING ROOM WITH KARA

EVERY WEDNESDAY IN NOVEMBER: 12-3PM

Enjoy a space to rest and reset. Come for 5 minutes or 3 hours. A list of meditation practices will be available as well as a teacher to answer any questions.

SHARE YOUR ABUNDANCE

Food insufficiency is real for many in Jefferson County. Alexandria Community Food Pantry provides almost 4000 meals per month to individuals and families in need. Please help support our community with donations of non-parishable side dishes for Thanksgiving. Additionally, tax deductible checks may be made payable to Alexandria Food Pantry. River Yoga is accepting food and checks through November 24th.

REPURPOSE FOR RIVER YOGA!

Recycle your gently worn, vintage, unique (or with tags attached) clothing to fund RY's ongoing community programs! RY will creatively display your items for sale which will directly fund our impact. Our initiatives include Free Chair Yoga for Seniors and RY's yoga and meditation sessions for those participating in the Compassionate Care Foundation integrative cancer therapies. Please bring your seasonal donation into the studio the last Monday or Thursday of each month. We will edit your donations, keep what we think will sell quickly, and either return what remains or donate to a local thrift store. Any questions, please contact Michele at: aseekerbeing@gmail.com

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).

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**
- **WILLOWS JOURNEY MUSCLE TESTING AND REIKI- STACY & BRYNN 315.7673825/315.783.8881**
- **ACUPUNCTURE, CHINESE MEDICINE & CUPPING - MCKENZIE 315.921.5400**

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