

# RIVER YOGA CLASS SCHEDULE: OCTOBER 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

### GOOD MORNING POWER FLOW WITH ZOE!

ALL LEVELS/BEGINNERS WELCOME

**7-8AM**

Start your day with this energetic flow! early bird gets the worm!

### 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 - 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.

### 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, OCTOBER 1ST: 7-8PM**

This month's pick: The Kitchen House by Kathleen Grissom. Community, snacks & great fun! See our website for more information.

## THE POETRY OF YOGA WITH DORY SHELDON

**THURSDAY, OCTOBER 10TH: 11AM-12:30PM**

Explore the connection between the most basic building block of yoga, ahimsa - loving kindness, and poetry. We will begin with a little gentle yoga and then read and discuss poetry about kindness. We will also create and share some poetry of our own and consider how poetry and ypga compliment each other. Please fee free to bring your favorite notebook and/or pen with you. Dory will also have notebooks and pens available. Cost: Donation based with proceeds benefiting chair yoga.

## MYOFASCIAL STRETCH & ROLL WITH TARA

**WEDNESDAY, OCTOBER 16TH: 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.

## THE ARC OF SOUND WITH JOHN MURACO

**SATURDAY, OCTOBER 19TH: 5-6:15PM**

Enjoy being bathed in the ambient sound waves of ancient healing instruments, including; Chimes, Tibetan Singing Bowls, Crystal Alchemy Singing Bowls, Gongs and more. Participants commonly report leaving with a sense of lightness and deep clarity. Cost: \$35

## POP-UP QIGONG WITH KARA

**WEDNESDAY, OCTOBER 23RD: 4-5PM**

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

## AWARENESS WORKSHOP WITH MICHELLE G.

**SUNDAY, OCTOBER 26TH: 1-3PM**

Join us in a learning experience workshop to help understand neurodivergent brains & what that means. We will illuminate knowledge of the Neurodiverse Community, the Neurodivergent Diagnosis, and the Neurodivergent Brain. We will create awareness of the healing potential available to the Neurodiverse population through sound and frequency healing and provide enlightenment on historical and new research studies of the neurological benefits of sound healing. What to expect:

- Educational Workshop to understand how sound healing impacts & helps the brain with these issues (& others)
- Experience Tuning Forks,
- Participate in: Vagus nerve breathwork with sound, drum circle, sound bath
- Please arrive 10 minutes early for forms

Cost: \$35 per person. Pre booking only by Thurs 10/24 (for capacity), minimum of 6 required to facilitate.

## BREATHONTOLOGY, AYURVEDA & SEASONAL TRANSITIONS

**SATURDAY, OCTOBER 27TH: 4-5:30PM**

Delve into the ancient wisdom of Ayurveda to reassure and support your entire being in making a smooth seasonal transition. This experiential workshop will introduce you to Ayurvedic practices, such as meditation and yoga and offer lifestyle tips & dietary recommendations that can help you adapt to the changing season. This conscious alignment with the season will help you relax, give you clarity and consolidate what you are harvesting. Cost: \$25 per person.

## 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 IHR. 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](http://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