

RIVER YOGA CLASS SCHEDULE:

AUGUST 2025

MONDAY

YIN & FLOW WITH KARA

ALL LEVELS/BEGINNERS WELCOME

9-10:15AM

A practice that combines the long-held passive poses of yin yoga with the dynamic flowing movement of vinyasa yoga.

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.

PILATES FLOW WITH BRI

ALL LEVELS

3-4PM

Focus on deep core, stability and flexibility with mindful movement and controlled breathwork through yoga asanas and pilates exercises.

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

YOQI WITH KARA

ALL LEVELS/BEGINNERS WELCOME

9-10AM

Both yoga and qigong are thousands of years old systems of body & mind healing using movement, breath & intention.

OPEN CHANNEL WITH JOHN

ALL LEVELS

10:30-11:30AM

Join John in this fusion session for rejuvenation & deep centeredness. This class will integrate many philosophies of yoga to build stamina and vitality, increase lung capacity, and help to open the lymphatic and circulation channels in the 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.

OUR TI PARK CLASSES ARE BACK! ALL LEVELS. BYOM/SOME MATS AVAILABLE.

TI PARK YOGA WITH LIZ MONDAYS, WEDNESDAYS & FRIDAYS: 8-9:15AM

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.

WEDNESDAY

MEDITATION IN MOTION YOGA WITH BETH

ALL LEVELS/BEGINNERS WELCOME

9-10:15AM

Join Beth, and explore elements of postures (asana), breathwork (pranayama), meditation, and yogic philosophy.

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.

MID-WEEK FLOW WITH CHRISTINA

SOME EXPERIENCE SUGGESTED

CENTENNIAL PARK, WEATHER PERMITTING

OTHERWISE AT RIVER YOGA

6-7PM

This mid-week yoga flow on the River will brighten your day and enliven your practice. Meet at the studio, grab your props and weather pending we will cross the street to the park!

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/LEAH

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

FRIDAY MORNING YIN WITH KARA

ALL LEVELS

9-10:15AM

This therapeutic class will explore longer held postures with the use of props, to target the bone tissues of the body.

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 us for this grounding all-levels slow paced vinyasa session. Deepen your understanding of yoga and feel refreshed and relaxed.

POWER YOGA WITH LEAH/CHRISTINA

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 meditation 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, AUGUST 5TH: 7-8PM

This month's pick: Choose any book by Emily Henry. Community, snacks & great fun! See our website for more information. All are welcome to attend!

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, AUGUST 6TH: 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.

AN EVENING WITH MORLEY - VOCAL RELEASE

THURSDAY, AUGUST 7TH: 7-8PM

Come soar and restore with Morley! Gentle movements with vocal release. Song circle and guided meditation with live musical accompaniment. You won't want to miss this unique and extraordinary gathering. Cost: \$25

USUI/HOLY FIRE REIKI LEVEL I TRAINING

SUNDAY, AUGUST 10TH & 17TH: 9A-1PM

Become a Reiki healer in this Level I Usui/Holy Fire Reiki class. This class includes Holy Fire Reiki and integrates traditional Japanese and Western Usui Reiki healing methods. No previous experience required. Investment: \$200

BREATHWORK WITH DANA WAKLEY

MONDAY, AUGUST 11TH: 6-8PM

Take time to restore, heal and ground yourself. Relive stress and tension and increase mental clarity. Bring an eye mask (extras available). Cost: \$45

GRINDSTONE ISLAND WINERY FLOW WITH LANEY

GRINDSTONE WINERY

SATURDAY, AUGUST 16TH & 30TH: 10:30-11:45PM

This all-levels, all-weather class located at the Pavilion at the Grindstone Island Winery focuses on balance, breath, and flexibility. Join Laney for this inspired session. Mats available! Transportation not provided.

YOGA NIDRA & REIKI EXPERIENCE WITH LIZ & STACY

MONDAY, AUGUST 18TH: 6-7PM (PLEASE ARRIVE AT 5:45 TO SET UP YOUR COZY SPACE)

Experience deep relaxation and rejuvenation as Liz and Stacy guide you through the ancient practice of Yoga Nidra with Reiki. This special event includes a cacao intention-setting ritual, promoting emotional balance and heart-centered healing. Cost: \$30 - Includes Cacao Ritual.

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, AUGUST 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.

ARC OF SOUND, SOUNDBATH WITH JOHN AND GUEST MUSICIAN ALEX

FRIDAY, AUGUST 25TH: 6-7:15PM

Participants will be transported through a multi-sensory music-scape ranging from soft and nurturing tones to a culmination of intense peak levels of sound created with an ensemble of over 6 hand forged gongs, singing bowls and other instruments. Alex will accompany John with his extraordinary talents on upright bass. Cost: \$45

MESSAGE CIRCLE WITH SPIRITUAL MEDIUM, NANCY

SUNDAY, AUGUST 24TH: 5-6:30PM

Join Nancy for a discussion and an intimate group message circle. Space is limited so sign up on line or call 315-523-0627 to reserve your spot. Cost: \$30

SUNSET SALUTATIONS AT CENTENNIAL PARK

MONDAY, AUGUST 25TH: 6-7PM

Join our community for vinyasa flows outside. If weather does not cooperate, class will be held at River Yoga. Some experience recommended. Text Christina for info: 607-242-2933. Cost: Regular class.

THE YEAR OF THE SNAKE SACRED CACAO CEREMONY WITH CANDACE BLAIR

MONDAY, AUGUST 25TH: 6-7PM

This ceremony explores pivotal moments in our lives, allowing time to reflect on the stories & the lessons. Together, we will share a shamanic dose of 100% pure, Guatemalan ceremonial cacao, select oracle cards and set intentions before lying back for a guided visualization using the powers koshi bells, the rainite, chs, es tal alchemy singing take us deeper into our meditation. Cost: \$65

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).

STAY WITH US! BOOK A STAY AT ONE OF OUR THREE CLAYTON PROPERTIES THROUGH AIRBNB. VISIT [RIVERYOGA.NET/STAY-WITH-US](https://www.riveryoga.net/stay-with-us) OR CALL 315-523-0627 FOR MORE INFORMATION.

WELLNESS SERVICES

BOOK YOUR APPOINTMENT TODAY!
GIFT CERTIFICATES AVAILABLE!

- **WILLOWS JOURNEY MUSCLE TESTING AND REIKI** - STACY & BRYNN
315.7673825/315.783.8881
- **MYOFASCIAL & CRANIOSACRAL THERAPY FOR PAIN & STRESS MANAGEMENT**
- TARA 315.771.0783
- **INTUITIVE MASSAGE, (ALSO HOT STONE, CUPPING, GUA SHA, REFLEXOLOGY, DEEP TISSUE, REIKI & CRANIOSACRAL** - AMBER 315.529.2531
- **MASSAGE THERAPY & YOUNG LIVING BRAND PARTNER** - CLARK 315.778.1317
- **ACUPUNCTURE, CHINESE MEDICINE & CUPPING** - MCKENZIE 315.921.5400
- **MASSAGE THERAPY AND HOLISTIC SERVICES** - BRI 559.960.7549
- **REIKI & BACH FLOWER CONSULTING** - TORI 951.523.0815

PRICING

- Drop In - \$18
- Student, Military & First Responder Drop In - \$16
- Kids (Age 5-11) Drop In - \$10.00
- 5 Class Pass - \$75
- 10 Class Pass - \$135
- Unlimited Monthly Pass - \$130
- Corporate 50 Class Pass - \$550
- Annual Unlimited Pass - \$1,111

SIGN UP

- Visit [riveryoga.net](https://www.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