

RIVER YOGA CLASS SCHEDULE: AUGUST 2024

ISLAND CLASSES

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

MONDAY

GENTLE YOGA & QIGONG

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

QIGONG WITH KARA

ALL LEVELS/BEGINNERS WELCOME

9-10 AM

Qigong means to cultivate life force energy. It's purpose is to circulate, enhance and better the qi to become more harmonious. We do this with focused mind, gentle movement, stillness and breath.

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 LANEY

AGES 6-11 (OR AGE APPROPRIATE)

3:30-4PM

Kids Yoga helps develop self-confidence and self-awareness. Through poses, movement and breath, we will encourage creativity and play!

HATHA YOGA 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 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

PERK UP PILATES WITH REID

ALL LEVELS

7-8AM

Wake up your core and your mind! Register through taraspilatesandpt.com or text 315.783-7754. \$20 Cash/\$\$ Credit Card.

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 CHRISTINA

ALL LEVELS

4:30-5:30PM

Boost flexibility, stamina and creativity in this all-levels flow with Christina! Explore vinyasa to ground the body and mind. This practice will be accompanied by a meditation practice.

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.

FREE

POP-UPS & WORKSHOPS

SINGLES DANCE LESSON

FRIDAYS, AUGUST 2ND, 9TH, 16TH & 23RD AT 7:30PM

Enjoy learning the West Coast Swing. It is a smooth, versatile, sexy style of dance, similar to Salsa/Bachata. \$15 per person. No dance experience needed!

DATE NIGHT DANCE LESSON

MONDAYS, AUGUST 5TH, 12TH & 19TH AT 7PM

FRIDAYS, AUGUST 2ND, 9TH, 16TH & 23RD AT 6PM

Joel will be teaching West Coast Swing. It is a smooth, versatile, sexy style of dance, similar to Salsa/Bachata. \$15 per person. No dance experience needed!

SIP & FLOW WITH ZOE AT THE BOATYARD

SUNDAY, AUGUST 4TH: 11AM - 12PM

THE BOATYARD AT FRENCH BAY MARINA

Join Zoe for an outdoor yoga class with a complimentary cocktail (or mocktail)! \$30 per person. Sign up on Mindbody!

TOTAL BODY STRENGTH CLINIC

MONDAYS, AUGUST 5TH, 12TH & 19TH FROM 5:45-6:45PM

WEDNESDAYS, AUGUST 7TH, 14TH & 21ST FROM 3:15-4:15PM

Have a great workout under the guidance of a personal trainer, specializing in corrective exercises. You will be on your yoga mat, utilizing light weights & resistance bands. Cost: \$20

RIVER YOGA BOOK CLUB

TUESDAY, AUGUST 6TH: 7-8PM

July pick: Tom Lake by Ann Patchett. Community, snacks & great fun! See our website for more information.

KICKBOXING WITH JOEL PATTERSON

TUESDAYS, AUGUST 6TH, 13TH & 20TH FROM 7-8PM

WEDNESDAYS, AUGUST 7TH, 14TH & 21ST FROM 4:15-5:15PM

Come ready for a great cardio workout while learning the techniques of kickboxing. You will learn proper form for punching, kicking, elbows and knees. Bring a workout towel & water. Cost: \$16

PILATES POP-UP IN THE SKY WITH REID

SATURDAY, AUGUST 10TH: 7:30-8:30AM

Stretch, breath, core & more with our new pilates instructor, Reid Beadel! \$15 per person. No dance experience needed! Register through taraspilatesandpt.com or text 315.783-7754. \$20 Cash/\$\$ Credit Card.

MOMMY, ME & MORE WITH TAYLOR & CHARITY

SATURDAY, AUGUST 10: 2-3PM

Join mommy-and-me yoga with Taylor Grey & Charity Senecal, an IBCLC and L&D nurse. No expectations, we will be flexible to any big baby feelings that arise.

GROUP SOUND BATH WITH MICHELLE G

SUNDAY, AUGUST 11: 4-5PM

Enjoy this one-hour relaxing and healing sound bath with crystal bowls, Tibetan bowls, other instruments & modalities. Please arrive 10 minutes early for forms. Pre-booking only (for capacity), a minimum of 6 required to facilitate. Cost: \$30 pp.

MESSAGE CIRCLE WITH NANCY NOHAVEC

SUNDAY, AUGUST 18: 4-5:30PM

Join us for a discussion and an intimate group message circle. Enjoy a cup of tea and community. Space is limited. All proceeds to benefit the Compassionate Care Foundation. Sign up on Mindbody.

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, AUGUST 21ST: 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.

TUNING FORK SESSIONS WITH MICHELLE G.

SUNDAY, AUGUST 25TH: 4-5PM

Join us for mini one-on-one sessions approx. 10 minutes each. Please arrive 10 minutes early for forms. Lay on the table & relax. I will assess which chakras are out of alignment & use the solfeggio weighted tuning forks to realign. Pre-booking only (for capacity), a minimum of 6 is required to facilitate. Cost: \$15 per person.

MANIFEST CIRCLE

THURSDAY, AUGUST 29TH: 7-8PM

Join Michele Armstrong (RYT-500) and our Yoga Community on the last Thursday of each month, following 5:30pm yoga, to hold sacred space for anything you would like to manifest. Speaking our heart's desire with equal parts intention and lightheartedness allows the universe to answer our call.

PILATES WITH TARA AMATO

**WEDNESDAYS, THURSDAYS & FRIDAYS (ADDITIONAL TIMES AVAILABLE UPON REQUEST)
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**
- **COMING END OF JULY! 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