

RIVER YOGA STUDIO

CLASS SCHEDULE: AUGUST 2022

MONDAY

MONDAY MORNING STRETCH WITH MARY- BEGINNERS 9-10AM

Wake up, loosen up, and cheer up with yoga for health and wellness! A gentle and nourishing class to discover yoga practices for your body, mind and spirit. Perfect for the very beginner.

INTRO TO ASHTANGA YOGA WITH LIZ 12-1PM

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 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

GREET THE DAY WITH GRATITUDE WITH SUE 9-10AM

Join Still Sue for this morning practice of gratitude. Explore alignment, breath and inward focus to create the day you desire. We will have the studio open if you would like to arrive 15 minutes early for your own meditation, stillness or practice of your choice.

MOVING MEDITATIVE FLOW WITH MARY LOU 5:30-6:45PM

Join Mary for this all-levels gentle flow. Focus on alignment and breath and create your own unique practice.

WEDNESDAY

RISE AND SHINE FLOW WITH LEAH 7-8AM

Start your morning with a practice that will add strength and clarity to your day! Join Leah for an energized vinyasa-style class where you will flow through postures linking breath to movement.

MEDITATION IN MOTION WITH BETH 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.

EVENING SLOW FLOW WITH KATHERINE 5:30-6:45PM

This all levels Vinyasa flow will focus on integrating breath with movement and flowing in a way that serves your body and mind. Build strength and flexibility while deepening your inner focus, peace, and gratitude.

THURSDAY

THE ANATOMY OF YOGA WITH LORI 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 KARA- ALL LEVELS 9-10:15AM

Open the body to more flexibility, elasticity and energy flow. This contemplative practice with Kara will create a non-reactive quality of mind, peace and calm.

INTRO TO ASHTANGA YOGA WITH LIZ 12-1PM

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 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

SATURDAY SLOW FLOW WITH KARA- ALL LEVELS 9-10:15AM

This class provides poses that range from gentle to challenging but are done with stable, self-centered energy. Maintaining balanced slow breathing encourages a meditative mindful pace. Well-suited for newer students or for those who desire deep concentration within their practice.

SUNDAY

SOUL FLOW WITH LEAH- ALL LEVELS 8-9AM

This class combines meditation with movement. Expect to breathe and flow through postures, where your strength, flexibility, focus, and balance come into harmony.

YOGA IN THE COMMUNITY:

TI PARK PAVILION

MONDAYS, WEDNESDAYS & FRIDAYS

8-9:15AM

Practice at the stunning historic Pavilion on Thousand Island Park on Wellesley Island with Liz. This practice will inspire and empower your body, mind and soul! If arriving by car, please park at the guzzle or behind the library. Parking at the Pavilion is reserved for handicapped-only vehicles. We can't wait to practice with you!

GRINDSTONE ISLAND WINERY

THURSDAYS

11-12:15PM

Join Laney at Grindstone Island's beautiful winery for an inspired stretch to strengthen body, mind and spirit. Connect with nature - and maybe with a slushy or sip of wine to restore! Tasting Room opens at noon!

SWAN BAY RESORT

SUNDAY, AUGUST 28TH

8-9AM

Join Christina for this all-levels yoga practice on the River! Increase flexibility and boost your mood! We have mats available. See you at Swan Bay, 43615 NY-12, Alexandria Bay.

SAINT LAWRENCE SPIRITS CHÂTEAU

MONDAYS

9AM

Join Leah for an hour of mindful moving at the Saint Lawrence Spirits Château. Class is \$15 (payment on-site only) with 1/2 off classic mimosa glass or carafe! Reservations for brunch encouraged.

PRICING

- Drop In - \$16.00
- Student, Military & First Responder Drop In - \$12.00
- 5 Class Pass - \$65.00
- 10 Class Pass - \$110.00
- Unlimited Monthly Pass - \$100.00

SIGN UP

- Visit riveryoga.net.
- Through the [Mindbody app](#).
- Call/text Liz at 315-523-0627.
- Or stop by!

AUGUST POP UPS:

YOGA & MASSAGE WITH MODERN HIPPIE WELLNESS

AUGUST 8TH, 10TH, 22ND & 24TH

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

10AM

COST: \$55

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!

YIN YOGA STONE MEDICINE SOUND BATH WORKSHOP

AUGUST 24TH

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

4-6PM

COST: \$45 (INCLUDES 4 CRYSTALS)

Enjoy an evening of rest and restoration with John and Laura Muraco, In this 2-hour workshop, you will be guided through a deep tissue restorative yoga flow, while being emersed in the healing sound frequencies of soothing Crystal Singing Bowls.

SIP & STRETCH AT GRINDSTONE WINERY

AUGUST 13TH

10-11:15AM

COST: \$45

Join Laney Aubertine for a gentle yoga class for all levels at Grindstone Island Winery. Wine tasting is available following the session!

FREE WEEKLY CLASS:

TUESDAY

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.