

RIVER YOGA STUDIO CLASS SCHEDULE:

MARCH 2023

MONDAY

GENTLE YOGA WITH LIZ

ALL LEVELS/BEGINNERS WELCOME

9-10:15AM

This is an all levels class that will build strength and flexibility, perfect for the beginner. Explore postures and align with the breath to create clarity, focus and peace-of-mind.

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. Build strength, and endurance and create peace of mind.

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

GENTLE YOGA WITH CHRYSTAL

ALL LEVELS/BEGINNERS WELCOME

9-10 AM

Chrystal will guide you in this gentle flow practice to help stretch and strengthen the body and mind.

KIDS YOGA: AFTER SCHOOL YOGA

PROGRAM WITH CHRYSTAL

AGES 5-11 YEARS

3:30-4PM

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

MARTIAL ARTS BASED KICKBOXING WITH

CHRYSTAL

ALL LEVELS

4:15-5PM

Improve overall fitness, learn self-defense, release stress & build confidence! This 45 min. practice will incorporate punches and kicks to tone your legs, arms and abs.

FLOW FUSION WITH CHRYSTAL

SOME EXPERIENCE RECOMMENDED

5:30-6:45PM

This flow class will fuse traditional yoga postures and modern fitness movements. Build strength, flexibility and endurance.

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.

WE HAVE GIFT CERTIFICATES!

WEDNESDAY

FREE GROUP MEDITATION CLASS

8-8:30AM

Join the movement! Relax, calm your mind, manage stress more effectively become more mindful and self-aware, increase your mental clarity, improve your relationships, build your immune system, improve your sleep and lower risk of disease with meditation.

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 FLOW WITH LANEY

4:30-5:30PM

ALL LEVELS

Release tension in the body and the mind in this new class designed to promote mental well-being, hip mobility, balance, and posture! We will open the hips in a series of poses using props.

THURSDAY

BALANCE YOUR BODY WITH LORI

ALL LEVELS/BEGINNERS WELCOME

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 LIZ

ALL LEVELS

9-10AM

Join Liz and explore Yin Yoga. Yin yoga targets and strengthens the connective tissues of the body - the fascia, ligaments, joints and bones.

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. Build strength, and endurance and create peace of mind.

HAPPY HOUR FLOW WITH LIZ

ALL LEVELS

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

SLOW FLOW STRENGTH & SERENITY WITH LIZ

ALL LEVELS/BEGINNERS WELCOME

9-10:15AM

Join Liz and explore an all levels Slow Vinyasa Flow session that will inspire and leave you feeling empowered and rejuvenated. Modifications and variations provided so each student can find their own unique and intelligent practice.

POWER FLOW WITH LANEY

ALL LEVELS

10:30-11:30AM

Join Laney Mellrath, RYT-200 for power hour at River Yoga! Great for those looking to increase circulation and reduce stress!

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

PILATES WITH TARA AMATO

MONDAYS, FRIDAYS & SATURDAYS

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

Join Tara for group or private classes on the mat or on the reformer! 3 private sessions on the Reformer with Tara. Cost: \$99.00. Call or text 315-771-0783 or visit taraspilatesandpt.com to schedule.

THE MELT METHOD WITH PAM YOUNGS

BOOK A PRIVATE 1HR. SESSION

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

MELT is a simple, self-care treatment technique using special soft balls and rollers to rehydrate your connective tissue (also known as fascia) by targeting its supportive qualities to restore joint stability and improve sensorimotor control. Now offering a 1hr introduction to MELT private session. To schedule or for more information, call Pam at 315-778-0741 or email pyoungs1@mac.com. Cost: \$60 (includes a MELT bag with small and large soft ball).

YOGA & MASSAGE WITH MODERN HIPPIE WELLNESS

MARCH 6TH, 8TH, 20TH & 22ND(PRIVATE SESSIONS AND GIFT CARDS AVAILABLE UPON REQUEST. CALL 845.800.6379.)

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

10:30AM/CALL TO SCHEDULE

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! Cost: \$55.

INTRODUCTORY YOGA FOR TEENS WITH DELANEY MCLLRATH

SATURDAY, MARCH 11TH: 12PM - 1:30PM

WEDNESDAY, MARCH 29TH: 5:45PM - 7PM

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

Perfect for the very beginner. We will incorporate the essentials of yoga into a Vinyasa flow for an upbeat, stress-melting session for ages 13-18.

INTRODUCTION TO CHANTING

SATURDAY, MARCH 18TH

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

3PM-5PM

This workshop is for all who dream of a more joyful and easy relationship with their voice. All are welcome! No chanting, singing or yoga experience necessary. Clancy will guide you through joyful exercises to support vocal health, and we will practice a chant to Shiva to welcome the Spring equinox. Cost: \$30 Per Person.

SOUND BATH WITH JOHN MURACO

SATURDAY, MARCH 25TH

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

4PM - 6PM

The sound bath will begin with a few uplifting yoga stretches, designed to unwind the mind and body, then participants recline into a relaxing shavasana position to enjoy being bathed in the ambient sound waves of ancient healing instruments, including; Chimes, Tibetan Singing Bowls, Crystal Alchemy Singing Bowls, Gongs and more. For more information call River Yoga today! Cost: \$35 Per Person.

MAKE YOUR OWN 1/2 MALA WITH KARA

SUNDAY, MARCH 26

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

3:30PM

Just as good as a whole! Sometimes easier to wear around the wrist or neck. Mantras deepen our awareness and create healthy thought patterns in our mind's deepest layers. Reciting mantras as you connect with the energies of the natural stones of a mala can decrease stress levels, nurture connections & inner zen along with improving your overall well-being. A beautiful gift to yourself or another! Space is limited. Cost: \$80 per person.

THE WOMANLY ART OF BELLYDANCING

SATURDAY, APRIL 1ST

RIVER YOGA, 234 JAMES STREET, CLAYTON NY

1PM-3PM

Honor yourself and the divine feminine through this ancient dance we approach from diverse perspectives. Gain strength and tone muscles, increase your confidence and well-being, work on balance and posture, connect with others and relax! Each month Beth will offer Bellydance with Zoom video support between the in-person sessions. Sign up online or call 315-523-0627. Cost: \$25 Per Person.

SIGN UP

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

PRICING

- Drop In - \$16.00
- Student, Military & First Responder Drop In - \$12.00
- Kids (Age 5-11) Drop In - \$10.00
- 5 Class Pass - \$65.00
- 10 Class Pass - \$110.00
- Unlimited Monthly Rewards Pass - \$100.00
- Corporate 50 Class Pass - \$400.00