

RIVER YOGA CLASS SCHEDULE: SEPTEMBER 2024

MONDAY

PADDLE BOARD YOGA AT THE ISLANDER WITH ZOE!

SOME EXPERIENCE SUGGESTED

7-8AM

Paddle boards provided! Looking for swimmers, yogis and enthusiasts! Cost: \$45/pp. Pay at venue with credit card, check or cash. Call Zoe for more information: 843-368-6622.

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

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.

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

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..

PADDLE BOARD YOGA AT THE ISLANDER WITH ZOE!

SOME EXPERIENCE SUGGESTED

6-7PM

Paddle boards provided! Looking for swimmers, yogis and enthusiasts! Cost: \$45/pp. Pay at venue with credit card, check or cash. Call Zoe for more information: 843-368-6622.

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.

QIGONG WITH KARA!

ALL LEVELS/BEGINNERS WELCOME

1-2PM

QiGong means to cultivate life force energy. This gentle class will leave you feeling energetic, grounded and balanced.

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

POP-UPS & WORKSHOPS

KICKBOXING WITH JOEL PATTERSON

TUESDAYS, SEPTEMBER 3RD, 10TH & 17TH FROM 4:30-5:30PM

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

GROUP PERSONAL TRAINING

TUESDAYS, SEPTEMBER 3RD, 10TH & 17TH FROM 5:45-6:45PM

Learn to strength train at home! Increase Your Strength & Correct Muscle Imbalances. Have a great full-body workout under the guidance of a personal trainer, specializing in corrective exercises. Get individualized pointers & cues for your body's needs. You will have fun, learning proper form & technique for various body weight exercises, hand weights & resistance bands. Cost: \$20

DATE NIGHT DANCE LESSON

FRIDAYS, SEPTEMBER 6TH, 13TH, 20TH & 27TH AT 6PM

Joel will be teaching West Coast Swing. It is a smooth, versatile, sexy style of dance, similar to Salsa/Bachata. \$30 per couple. No dance experience needed!

RIVER YOGA BOOK CLUB

TUESDAY, SEPTEMBER 10TH: 7-8PM

This month's pick: God-Shaped Hole by Tiffanie DeBartolo. Community, snacks & great fun! See our website for more information.

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, SEPTEMBER 18TH: 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.

POP-UP FLYING DRAGON FLOW WITH KARA

WEDNESDAY, SEPTEMBER 25TH: 4:30-5:30PM

This dynamic flow feels like a dance that evokes qualities of power & wisdom of the dragon Move with breath to open the body, heart & tungs building energy, strength & balance. Some experience suggested.

MANIFEST CIRCLE

THURSDAY, SEPTEMBER 26TH: 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.

INTRODUCTION TO BREATHONTOLOGY

SATURDAY, SEPTEMBER 28TH: 4-5:30PM

Join us for a very gentle, powerful and fun introduction to Breathontology. Born out of the ancient and mystic practices of Swara yoga, Breathontology is the art and science of using the breath to activate our natural healing abilities. This class will feature light yoga and pranayamas that will calm your mind and deeply relax your body. Cost: \$25.

LIVE MUSIC CHAKRA FLOW WITH KELLI & BRAND GOULD!

SUNDAY, SEPTEMBER 29TH 3-4:30PM

Join Kelli & Brand Gould on Sunday, for a Live Music, Chakra Flow Experience! This session is designed to unblock and balance all 7 of your Chakras with breath work and a curated asana practice, Brand will be accompanying with beautiful, finger-style, acoustic guitar throughout the practice. Please join us for this unique experience! \$20 Drop-in! sign up on line or [315-523-0627](tel:315-523-0627)

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).

PRIVATE DANCE LESSONS

Joel offers private and group West Coast Swing dance lessons, as well as line dancing, at River Yoga. You are invited to BYO wine and drinks. Anniversary, Wedding, Birthday Party, or Bridal Shower? Joel is also a DJ. You can reserve the studio for a dance event with lights & professional sound equipment. For More Information, Call Joel At 541-639-7527

BRIDGE THE GAP FOR CANCER CARE IN NNY!

SUNDAY, SEPTEMBER 15TH AT 9AM

Join us and help Bridge The Gap toward better cancer care. Be a part of honoring the cancer patients, survivors, caregivers, family, friends and healthcare providers who are part of this journey. Walk with us over the Thousand Islands Bridge as we raise funds for the Compassionate Care Foundation, providing supportive, integrative therapies for local cancer patients. Gather your team to honor or remember a loved one impacted by cancer. Bridge the Gap, where no one is an island. Visit charity.pledgeit.org/CCF-bridge-the-gap/teams/@RiverYoga to donate!

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.
- 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