

RIVER YOGA CLASS SCHEDULE: OCTOBER 2024

MONDAY

GENTLE YOGA & QIGONG WITH KARA

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

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.

KIDS YOGA WITH ZOE

ALL LEVELS/BEGINNERS WELCOME

3:30-4PM

Join Zoe each tuesday afternoon for kids yoga!

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.

PRIVATE &
GROUP SESSIONS
AVAILABLE!

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..

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

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 mediation 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, OCTOBER 1ST: 7-8PM

This month's pick: The Kitchen House by Kathleen Grissom. Community, snacks & great fun! See our website for more information.

THE POETRY OF YOGA WITH DORY SHELDON

THURSDAY, OCTOBER 10TH: 11AM-12:30PM

Explore the connection between the most basic building block of yoga, ahimsa - loving kindness, and poetry. We will begin with a little gentle yoga and then read and discuss poetry about kindness. We will also create and share some poetry of our own and consider how poetry and ypga compliment each other. Please fee free to bring your favorite notebook and/or pen with you. Dory will also have notebooks and pens available. Cost: Donation based with proceeds benefiting chair yoga.

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, OCTOBER 16TH: 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.

THE ARC OF SOUND WITH JOHN MURACO

SATURDAY, OCTOBER 19TH: 5-6:15PM

Enjoy being bathed in the ambient sound waves of ancient healing instruments, including; Chimes, Tibetan Singing Bowls, Crystal Alchemy Singing Bowls, Gongs and more. Participants commonly report leaving with a sense of lightness and deep clarity. Cost: \$35

POP-UP QIGONG WITH KARA

WEDNESDAY, OCTOBER 23RD: 4-5PM

Qigong means to cultivate life force energy. Its purpose is to circulate, enhance and better the qi to become more harmonious. We do this with focused mind, gentle movement, stillness and breath. Open to all levels!

AWARENESS WORKSHOP WITH MICHELLE G.

SATURDAY, OCTOBER 26TH: 1-3PM

Join us in a learning experience workshop to help understand neurodivergent brains & what that means. We will illuminate knowledge of the Neurodiverse Community, the Neurodivergent Diagnosis, and the Neurodivergent Brain. We will create awareness of the healing potential available to the Neurodiverse population through sound and frequency healing and provide enlightenment on historical and new research studies of the neurological benefits of sound healing. What to expect:

- Educational Workshop to understand how sound healing impacts & helps the brain with these issues (& others)
- Experience Tuning Forks,
- Participate in: Vagus nerve breathwork with sound, drum circle, sound bath
- Please arrive 10 minutes early for forms

Cost: \$35 per person. Pre booking only by Thurs 10/24 (for capacity), minimum of 6 required to facilitate.

BREATHONTOLOGY, AYURVEDA & SEASONAL TRANSITIONS

SUNDAY, OCTOBER 27TH: 4-5:30PM

Delve into the ancient wisdom of Ayurveda to reassure and support your entire being in making a smooth seasonal transition. This experiential workshop will introduce you to Ayurvedic practices, such as meditation and yoga and offer lifestyle tips & dietary recommendations that can help you adapt to the changing season. This conscious alignment with the season will help you relax, give you clarity and consolidate what you are harvesting. Cost: \$25 per person.

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).

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