

RIVER YOGA CLASS SCHEDULE: JANUARY 2025

MONDAY

GENTLE YOGA WITH LIZ

ALL LEVELS/BEGINNERS WELCOME

9-10:15AM

This class will build your strength, flexibility, and balance. Explore traditional yoga postures and align with the breath and 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.

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.

**GIFT CERTIFICATES
AVAILABLE!**

WEDNESDAY

BREATHONTOLOGY WITH RADHGEMD

ALL LEVELS/BEGINNERS WELCOME

9-10:15AM

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. All Levels!

FREE BREATHING ROOM

ALL LEVELS

12-3PM

A space to rest and reset. Come for 5 minutes or 3 hours. A list of meditation practices will be available as well as a teacher to answer any questions.

HIP HARMONY WITH JANE

ALL LEVELS

6-7PM

Join Jane for a slow flow for healthy, happy hips combined with restorative postures to integrate your practice.

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

BE STILL: MINDFUL YIN WITH LIZ

ALL LEVELS

9-10AM

This therapeutic class will explore longer held postures with the use of props, to target the bone tissues of the body. It is the perfect compliment to our busy modern world and will leave you with a sense of clarity and ease.

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

PILATES MAT CLASS WITH TARA

THURSDAY, JANUARY 2ND: 12-1PM

Work on balance, strength and flexibility in this class, located upstairs in the second floor studio at River Yoga. Text Tara to reserve: 315-771-0783. Cost: \$20 Cash or \$22 with Credit Card.

RIVER YOGA BOOK CLUB

TUESDAY, JANUARY 7TH: 7-8PM

This month's pick: Hiddensee by Gregory Maguire. Community, snacks & great fun! See our website for more information.

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, JANUARY 8TH: 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.

MANIFEST CIRCLE

MONDAY, JANUARY 13TH: 6-7PM

Clear out your old way of thinking and kick off 2025 learning to manifest. Join Michele Armstrong (RYT-500) and our Yoga Community in the magic Manifest Circle Pop-Up. Like the law of gravity, the law of attraction is irrefutable. to hold sacred space for anything you would like to manifest. Speaking our heart's desire with equal parts intention and light heartedness allows the universe to answer our call.



CANDLE-LIT SLOW FLOW & LIVE ACOUSTICS WITH ZOE AND CONNER

SUNDAY, JANUARY 19TH: 6-7:15PM

Join Zoe and Connor for a Sunday evening slow-flow class lit by candles, accompanied with a live acoustic guitar set. Handcrafted tea provided. Cost: \$25

MYOFASCIAL STRETCH & ROLL WITH TARA

WEDNESDAY, JANUARY 22ND: 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, JANUARY 25TH: 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. Space is limited, pre-registration recommended. Cost: \$35

CANDLE LIGHT YIN WITH LEAH

SUNDAY, JANUARY 26TH: 5-6:15PM

This season signals a time to turn inward & embrace the dark, lunar sides of our lives. It is the perfect time for the soft, slow, long holds that target our connective tissues in Yin Yoga. Enjoy the gentle, rhythmic flicker of a flame to reduce stress & anxiety, promoting inner harmony as we find our stillness in body & mind in preparation for the holiday season.

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 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!**

- **WILLOWS JOURNEY MUSCLE TESTING AND REIKI** - STACY & BRYNN
315.7673825/315.783.8881
- **MYOFASCIAL & CRANIOSACRAL THERAPY FOR PAIN & STRESS MANAGEMENT**
- TARA 315.771.0783
- **ACUPUNCTURE, CHINESE MEDICINE & CUPPING** - MCKENZIE 315.921.5400
- **TAKING BOOKINGS IN MARCH - INTUITIVE MASSAGE, (ALSO HOT STONE, CUPPING, GUA SHA, REFLEXOLOGY, DEEP TISSUE, REIKI & CRANIOSACRAL** - AMBER 315.529.2531

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