

# River Yoga Class Schedule

234 James Street

## DECEMBER 2019!

ALL LEVELS

BEGINNERS

\*INTERMEDIATE

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM	<b>SUNDAY YIN-YASA:</b> Kara Healy 9am-10:15am	<b>Yoga BASICS:</b> Liz Price-Kellogg 9am-10:15am	<b>The Study &amp; Philosophy of Practice:</b> Liz Price-Kellogg 9am-10:15am	<b>Align &amp; Awaken:</b> Kristen Taylor 9am - 10:15am	<b>Blending the Energetic &amp; Anatomical:</b> Lori Arnot 9am - 10:15am	<b>The Art of Yoga:</b> Christine Tisa 9am - 10:15am	<b>Foundations &amp; Alignment:</b> Amazing Staff 9:00am-10:15am
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM							<b>*Power Flow</b> Amazing Staff 10:30am - 11:4am
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM		<b>*Intro to Ashtanga Yoga</b> Liz Price-Kellogg 12pm - 1pm		<b>OPEN COMMUNITY STUDIO</b>		<b>BE STILL MINDFUL YIN:</b> Liz Price-Kellogg 12:00pm-1:00pm	
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM							
4:30 PM						<b>HAPPY HOUR FLOW:</b> Liz Price-Kellogg 4:30pm-5:30pm	
4:45 PM							
5:00 PM							
5:15 PM			<b>FREE COMMUNITY MEDITATION WITH KRISTEN TAYLOR!</b> 5:15pm - 5:45pm				
5:30 PM		<b>*Vinyasa Power Up!</b> Becca Dahl 5:30pm-6:30pm			<b>*Deep Core</b> Liz Price-Kellogg 5:30pm - 6:30pm		
5:45 PM			<b>Moving Meditation Flow:</b> Liz Price-Kellogg 6:00pm - 7:00pm				
6:00 PM							
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM				<b>Evening Reset</b> Kara Healy 7pm - 8pm			
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM							
8:15 PM							
8:30 PM							

### FREE WEEKLY CHAIR YOGA

Strawberry Lane Apartments Community Center  
Every Tuesday, 1:00pm - 2:00pm with Lori Arnot

### PRICES

<b>Drop In</b>	<b>\$15</b>
<b>Student/Military/First responders</b>	<b>\$10</b>
<b>5 Card Pass</b>	<b>\$60</b>
<b>Ten Card Pass</b>	<b>\$105</b>
<b>Unlimited 30 Day Pass</b>	<b>\$90</b>
<b>Kids (5-10)</b>	<b>\$8</b>

For more information visit us at [www.riveryoga.net](http://www.riveryoga.net) or call us at 315-523-0627.

We offer **private, semi privates, corporate, event classes and special workshops!**

Visit our website for information on retreats, workshops, events, bookclub and treatments with our holistic partners. We are on MindBody - sign up today or just drop in. Namaste!

**Private sessions available.** 315-523-0627 [www.riveryoga.net](http://www.riveryoga.net)