



River Yoga STUDIO Schedule: DECEMBER

MONDAY

GENTLE YOGA WITH LIZ

9-10AM

This gentle class will focus on aligning the body with the breath while cultivating stability and ease. Great for the beginner or those wanted to fine-tune their practices.

HAPPY HOUR FLOW WITH LIZ

4:30-5:30PM

This one-hour vinyasa style class will awaken your body, mind and spirit and will leave you feeling liberated and full of joy!

TUESDAY

MINDFUL BASICS FLOW WITH LIZ

9-10AM

Join Liz for this all-levels gentle flow. Focus on breath, movement and intention to cultivate peace and ease in your day!

❖FREE COMMUNITY CHAIR WITH LORI

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.

MOVING MEDITATIVE FLOW WITH LIZ

5:30-6:30PM

Join Liz for this all-levels gentle flow. Focus on alignment and breath and create your own unique practice.

WEDNESDAY

YOGA FOR BONE DENSITY WITH TISA

9-10AM

Join Tisa and explore poses that support and increase bone density. Suitable for all levels of experience.

THURSDAY

THE ANATOMY OF YOGA WITH LORI

9-10AM

Explore proper alignment and breath and create a practice you love! All levels. Great for beginners.

DEEP CORE WITH LIZ

5:30-6:30PM

Challenge yourself! Build strength, endurance and flexibility while focusing on the breath. This one hour music inspired class will leave you feeling invigorated and detoxified! All levels.

FRIDAY

FRESH START YIN & FLOW WITH KARA

9-10AM

Stretch out with juicy yin yoga and wake up with some mindful movement – the perfect combination to stimulate your body, mind and spirit!

INTRO TO ASHTANGA WITH LIZ

12-1PM

Build strength, endurance, increase, flexibility and focus the mind in this one-hour Introduction to Ashtanga yoga practice. Experience recommended.

HAPPY HOUR FLOW WITH LIZ

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! All levels.

SATURDAY

POWER FLOW WITH LANEY

10-11AM

This playful and energetic flow class will strengthen the body and focus the mind. Experience suggested.

SUNDAY

YIN-YASA WITH KARA

9-10AM

Lengthen the tissues, joints, ligaments and fascia in this amazing fusion of Yin and Yang yoga. All levels.

POWER FLOW WITH LANEY

12-1PM

This playful and energetic flow class will strengthen the body and focus the mind. Experience suggested.

CALL/TEXT LIZ FOR EASY ACCESS TO CLASSES OR SIGN UP ON OUR WEBSITE/MINDBODY.

www.riveryoga.net 315-523-0627

**FREE OPEN COMMUNITY MEDITATION DAILY,
MONDAY THROUGH THURSDAY
11-11:30AM WITH DAVID AND ANDY.
ENJOY A FEW MINUTES OF INSTRUCTION,
THEN MEDITATION PRACTICE! NO EXPERIENCE NECESSARY.
JUST DROP IN!**

