



River Yoga VIRTUAL 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.

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 AVAILABLE ON FACEBOOK

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

❖ FREE COMMUNITY MEDITATION WITH KRISTEN

9-9:30AM AVAILABEL ONLY ON FACEBOOK

Join Chopra Foundation certified teacher, Kristen as she leads you on a guided meditation during this half hour exploration.

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 warm one hour music inspired class will leave you feeling invigorated and detoxified! Modifications and variations offered. All levels.

FRIDAY

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 energizing flow class will strengthen the body and focus the mind. Experience suggested.

SUNDAY

POWER FLOW WITH LANEY

12-1PM

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

OUR FREE CLASSES ARE AVAILABLE ON FACEBOOK.

ALL OTHER VIRTUAL CLASSES ON WEBSITE/MINDBODY. CALL/TEXT LIZ FOR EASY ACCESS TO CLASSES/ QUESTIONS.