

River Yoga Class Schedule

234 James Street

JANUARY 2020

234 James Street

	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	SUNDAY YIN-YASA: Kara 9am-10:15am	Yoga BASICS: Liz 9am-10:15am	Yoga & The Chakras	Align & Awaken: Kristen 9am - 10:15am	Blending the Energetic & Anatomical: Lori 9am - 10:15am	Just Yin A Quiet Practice: Liz/Kara 9am - 10am	Foundations & Alignment: River Yoga Staff 9:00am-10:15am
9:15 AM			Balancing the Subtle Body:				
9:30 AM			Liz				
9:45 AM			9am-10:15am				
10:00 AM			n				
10:15 AM							
10:30 AM							*Power Flow River Yoga Staff 10:30am - 11:45am
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM		*Intro to Ashtanga The Flow: Liz 12pm - 1pm		OPEN COMMUNITY STUDIO		*Intro to Ashtanga The Poses: Liz 12:00pm-1:00pm	
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM	The Wisdom of Yoga: The Poses Erika 1pm - 2:15pm						
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM							
4:30 PM						HAPPY HOUR FLOW: Liz 4:30pm-5:30pm	
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM		*Vinyasa Power Up! Becca 5:30pm-6:30pm	FREE COMMUNITY MEDITATION WITH KRISTEN!		Deep Core: Liz 5:30pm - 6:30pm		
5:45 PM			5:15pm - 5:45pm				
6:00 PM			Moving Meditation Flow:				
6:15 PM			Liz				
6:30 PM			6:00pm - 7:00pm				
6:45 PM							
7:00 PM				Evening Reset: Kara/Becca 7pm - 8pm			
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM							
8:15 PM							
8:30 PM							
FREE WEEKLY CHAIR YOGA					PRICES		
For more information visit us at www.riveryoga.net or call us at 315-523-0627. We offer private, semi privates, corporate, event classes and special workshops!					Drop In		\$15
					Student/Military/First Responders		\$10
					5 Card Pass		\$60
					Ten Card Pass		\$105
					Unlimited 30 Day Pass		\$90
					Kids (5-10)		\$8

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