

River Yoga STUDIO Schedule: MARCH 2021

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.

FREE OPEN COMMUNITY MEDITATION WITH DAVID AND ANDY

12:00-12:30PM

Enjoy a few minutes of instruction and then meditate! No experience necessary.

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 OPEN COMMUNITY MEDITATION WITH DAVID AND ANDY

12:00-12:30PM

Enjoy a few minutes of instruction and then meditate! No experience necessary.

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

FREE COMMUNITY MEDITATION WITH DAVID AND ANDY

12:00-12:30PM

Enjoy a few minutes of instruction and then meditate! No experience necessary.

FEEL GOOD FLOW!

5:30-6:30PM

Explore deep expansive stretches and fluid mindful movement to relax. Realign with the present moment. All levels.

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.

FREE OPEN COMMUNITY MEDITATION WITH DAVID AND ANDY

12:00-12:30PM

Enjoy a few minutes of instruction and then meditate! No experience necessary.

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

FREE OPEN COMMUNITY MEDITATION WITH DAVID AND ANDY

12:00-12:30PM

Enjoy a few minutes of instruction and then meditate! No experience necessary.

INTRO TO ASHTANGA WITH LIZ

1:30-2:30PM

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

YOGA FOR BEGINNERS WITH KARA

9-10:00AM

Explore yoga foundations: Postures, pranayama (breathwork), and meditation. Perfect for the very beginner.

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.

MASTER YOUR PRACTICE WITH LIZ

11-12PM

Fine tune your practice and create a fluid vinyasa flow that will build strength, endurance and flexibility while maintaining a balanced and peaceful mind.

CALL/TEXT LIZ FOR EASY ACCESS TO CLASSES OR SIGN UP ON OUR WEBSITE/MINDBODY. WWW.RIVERYOGA.NET 315-523-0627

*** ALSO AVAILABLE VIRTUALLY