

# River Yoga STUDIO Schedule: JANUARY 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

11-11:30AM

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

11-11:30AM

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

11-11:30AM

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

## 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

11-11:30AM

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

### 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!

### FREE OPEN COMMUNITY MEDITATION WITH DAVID AND ANDY

11-11:30AM

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

### 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](http://WWW.RIVERYOGA.NET) 315-523-0627

\*\*\* ALSO AVAILABLE VIRTUALLY