**FEBRUARY 2017!**

**RIVER YOGA COMMUNITY CLASSES @ THE CLAYTON OPERA HOUSE**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **MONDAY** |  **TUESDAY** | **WEDNESDAY** |  **THURSDAY** |  **FRIDAY** |  **SATURDAY** |  **SUNDAY** |
| **9AM -10:15Am** | **YOGA FOR EVERYONE!****\*\*\***LizPrice-Kellogg,E-RYT |  | **\*\*\******Suitable for the very beginner!*** |  |  | **ALIGNMENT BASICS***\*\*\**Christine Tisa, RYT |  |
| **12 NOON - 1:15PM** |  |  | **LUNCH HOUR YOGA!**Kristen Taylor,Teacher in Training |  | **GET INSPIRED!*****Cultivating******Your Core!***Christine Tisa, RYT |  | COMING SOON!MEN’S MARCH MADDNESS!(IN MARCH)  |
| **5:30PM – 7:00PM****(5:30 – 6:30 Mondays)** | NEW**POWER HOUR***Strengthening**your practice!*Liz Price-Kellogg, E-RYT | **RIVER FLOW*****Breath &******Asana Flow***Liz Price-Kellogg,E-RYT |  | **RIVER FLOW*****Celebrate YOU!***LizPrice-Kellogg,E-RYT |  | ***All River Yoga******classes are******suitable for all levels of******experience.*** |  |

**Drop-ins $10/Students $5.00/Five card pass $40/Ten card pass $80/Unlimited 30 day $80/Karma passes available. For more info & class descriptions visit us!** [**www.riveryoga.net**](http://www.riveryoga.net) **315-523-0627** **Private, semi-private and event classes available!**

**River Yoga offers Free Chair Yoga weekly at The Riverview Community Center on Strawberry Lane from 1PM – 2PM every Tuesday! Thank you for being part of our River Yoga Family! NAMASTE!**