**FEBRUARY 2017!**

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

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **9AM -10:15Am** | **YOGA FOR EVERYONE!**  **\*\*\***  Liz  Price-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!***  Liz  Price-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!**