

# Yoga For EveryBody

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>March 31</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
	5:30pm - Joe	9:30am – Lynda 5:00pm - Lynda 5:30pm – No Class	5:30pm – Joe	9:30am – Lynda 5:30pm Sound Healing & Reiki \$20	9:30am - Joe	
<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>
	5:30pm - Joe	9:30am – Lynda 5:00pm - Lynda 5:30pm - Karen	5:30pm - Joe	9:30am – Lynda	9:30am - Joe	
<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>
	5:30pm - Joe	No Classes with Lynda 5:30pm – Karen***	5:30pm - Joe	9:30am – Lynda 5:30pm Sound Healing & Reiki \$20	9:30am - Joe	
<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>
	5:30pm - Joe	9:30am – Lynda 5:00pm - Lynda 5:30pm – Karen	5:30pm - Joe	9:30am – Lynda	9:30am – No Class	10:30am Sound Meditation \$20
<u>28</u>	<u>29</u>	<u>30</u>	<u>MAY 1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	5:30pm -No Class	9:30am – Lynda 5:00pm – No Class 5:30pm – Karen***	5:30pm – No Class	9:30am – Lynda	9:30am – No Class	

**Lynda Durst-Schmidt** - [LDyoga2@gmail.com](mailto:LDyoga2@gmail.com) ZOOM & Studio

**Joe Yezi** – [jyezi@stny.rr.com](mailto:jyezi@stny.rr.com) Studio Only

**Karen Catalano** – [kareninnerspace@aol.com](mailto:kareninnerspace@aol.com) ZOOM only

\*\*\*except 4/16 and 4/30 which are in-studio only

Class Pricing - Drop in \$18

Paid in Advance 4 or more classes - \$15 per class

2 Classes per week w/Same Teacher - \$12 per class

All Sound Healing and Reiki sessions are \$20