

Yoga For EveryBody

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>March 30</u>	<u>31</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
	5:30pm - Joe	9:30am – Lynda 5:00pm - Lynda 5:30pm - Karen		9:30am – Lynda	9:30am - Joe	
<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
	5:30pm - Joe	9:30am – Lynda 5:00pm - Lynda 5:30pm - Karen		9:30am – Lynda 5:30pm – Sound Healing/Reiki \$20	9:30am - Joe	
<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
	5:30pm - Joe	9:30am – Lynda 5:30pm – Karen in studio only***			9:30am - Joe	
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
Easter	5:30pm - Joe	9:30am – Lynda 5:30pm – Karen in studio only***		5:30pm – Sound Healing/Reiki \$25	9:30am - Joe	
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>May 1</u>	<u>2</u>	<u>3</u>
	5:30pm -Joe	9:30am – Lynda 5:30pm – Karen in studio only***			9:30am - Joe	

Lynda Durst-Schmidt - [LDSyoga2@gmail.com](mailto: LDSyoga2@gmail.com) **ZOOM & Studio**
Joe Yezzi – [jyezzi@stny.rr.com](mailto: jyezzi@stny.rr.com) **Studio Only**
Karen Catalano – [kareninnerspace@aol.com](mailto: kareninnerspace@aol.com) **ZOOM 4/1&4/8**
 ***starting 4/15 in studio only

Class Pricing - Drop in \$20
 Paid in Advance 4 or more classes - \$15 per class
 2 Classes per week w/Same Teacher - \$12 per class
Eff 4/15 -All Sound Healing and Reiki sessions are \$25