

# August 2024

## Yoga For EveryBody

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>July 28</u>	<u>29</u>	<u>30</u>	<u>31</u>	<u>1</u>	<u>2</u>	<u>3</u>
	5:30pm - Joe	NO CLASSES	5:30pm - NO CLASS	9:30am - Lynda	9:30am - Joe	
<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
11am Kate Schofield Sound Healing \$20	5:30pm - Joe	9:30am - Lynda 2:30pm - Karen*** 5:00pm - Lynda	5:30pm - NO CLASS	9:30am - Lynda 5:30 Sound/Reiki with Lynda Michelle Jackie \$20	9:30am - Joe	
<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>
	5:30pm - Joe	9:30am - Lynda 5:00pm - Lynda 5:30pm - Karen	5:30pm - NO CLASS	9:30am - NO CLASS	9:30am - Joe	
<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
	5:30pm - Joe	NO CLASSES with Lynda 5:30pm - Karen	5:30pm - NO CLASS	9:30am - NO CLASS	9:30am - Joe	
<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>
	5:30pm - Joe	9:30am - Lynda 5:00pm - Lynda 5:30pm - Karen	5:30pm - NO CLASS	9:30am - Lynda 5:30pm - Sound/Reiki Lynda Michelle \$20	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 only EXCEPT

\*\*\* Tuesday 8/6 - 2:30pm class 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