

Greater Binghamton's Svaroopaa Style Yoaa Studio

# Yoga For EveryBody

Guthrie Southside  
2nd Floor  
65 Pennsylvania Ave  
Binghamton, NY 13903

# August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>July 27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	<u>1</u>	<u>2</u>
	5:30pm - Joe	9:30am – NO CLASS 5:30pm – Karen			9:30am – Joe	
<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>
	5:30pm - Joe	9:30am – NO CLASS 5:30pm – Karen			9:30am - Joe	
<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>
	5:30pm - Joe	9:30am – Lynda 5:30pm – Karen	6PM – Sound Healing & Reiki \$25		9:30am - Joe	
<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>
	5:30pm - Joe	9:30am - Lynda 5:30pm – Karen			9:30am – Joe	11am – Sound Healing & Reiki \$25
<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>
	5:30pm - Joe	9:30am – CANCELLED Lynda 5:30pm – Karen			9:30am – Joe	
<u>31</u>	Sept 1	2	3	4	5	6
3pm – Sound Healing & Reiki CANCELLED \$25						

**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) STUDIO ONLY

Class Pricing - Drop in \$18  
 Paid in Advance 4 or more classes - \$15 per class  
 2 Classes per week w/Joe - \$12 per class  
 All Sound Healing/Reiki sessions are \$25