

Yoga For EveryBody

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

Dec. 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>30</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 5:30pm – Karen	5:30pm – Sound Bath with Kate Schofield \$30		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 5:30pm – Karen			9:30am - Joe	11am – Sound Healing/Reiki \$25
<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>
	5:30pm - Joe	9:30am – Lynda 5:30pm – Karen	5:30pm -Sound Healing/Reiki \$25		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 5:30pm – Karen	Christmas Eve	Christmas Day	NO CLASS	
<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	<u>1</u>	<u>2</u>	<u>3</u>
	5:30pm - Joe	9:30am – Lynda 5:30pm – NO CLASS	New Years Eve	New Years Day	9:30am – Joe	

Lynda Durst-Schmidt - LDYoga2@gmail.com **ZOOM & Studio**

Joe Yezzi – jyezzi@stny.rr.com **Studio Only**

Karen Catalano – kareninnerspace@aol.com

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

Sound Healing and Reiki sessions are \$25