

February 2026

Yoga For EveryBody

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>January 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 – Joe subs for Lynda 5:30pm – Karen ***			9:30am – Joe	
<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
	5:30pm - Joe	9:30am – Joe subs for Lynda 5:30pm – Karen***			9:30am - Joe	
<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>
	5:30pm - Joe	9:30am – Joe subs for Lynda 5:30pm – Karen***	5:30pm – Special Sound Healing with Kate Schofield \$30		9:30am - Joe	
<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>
11	5:30pm - Joe	9:30am - Joe subs for Lynda 5:30pm – Karen***			9:30am – Joe	
<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>
	5:30pm - Joe	9:30am – Joe subs for Lynda 5:30pm – Karen***			9:30am – Joe	

Lynda Durst-Schmidt - LDSyoga2@gmail.com ZOOM & Studio

Joe Yezzi - jyezzi@stny.rr.com Studio Only

***** Karen Catalano** - kareninnerspace@aol.com In studio Weather
 Permitting otherwise ZOOM – contact Karen for updates!

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

Special Sound Healing session this month \$30