

Yoga For EveryBody

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 Sub 5:30pm – Karen***			9:30am – NO CLASS	
<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 –NO CLASS 5:30pm – Karen***	5:30pm - Sound Bath 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>
	5:30pm - Joe	9:30am – Lynda 5:30pm – Karen***	5:30pm – Sound Healing with Reiki Lynda and Tammie \$25		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 – Lynda 5:30pm – Karen***			9:30am - Joe	
<u>29</u>	<u>30</u>	<u>31</u>	<u>April 1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	5:30pm - Joe	9:30am – Lynda 5:30pm – Karen***			9:30am - Joe	

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

Lynda Durst-Schmidt - LDYoga2@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!