

# Yoga For EveryBody

# May 2025

| Sunday          | Monday       | Tuesday  | Wednesday                         | Thursday  | Friday       | Saturday  |
|-----------------|--------------|--|-----------------------------------|-----------|--------------|-----------|
| <u>April 27</u> | <u>28</u>    | <u>29</u>  | <u>30</u>                         | <u>1</u>  | <u>2</u>     | <u>3</u>  |
|                 | 5:30pm - Joe | 9:30am – Lynda<br>5:30pm – Karen in studio only*** |                                   |           | 9:30am - Joe |           |
| <u>4</u>        | <u>5</u>     | <u>6</u>   | <u>7</u>                          | <u>8</u>  | <u>9</u>     | <u>10</u> |
|                 | 5:30pm - Joe | 9:30am – Lynda<br>5:30pm – Karen in studio only*** |                                   |           | 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<br>5:30pm – Karen in studio only*** | 5:30pm – Sound Healing/Reiki \$25 |           | 9:30am - Joe |           |
| <u>18</u>       | <u>19</u>    | <u>20</u>  | <u>21</u>                         | <u>22</u> | <u>23</u>    | <u>24</u> |
|                 | NO CLASS     | 9:30am – Lynda<br>5:30pm – Karen in studio only*** |                                   |           | NO CLASS     |           |
| <u>25</u>       | <u>26</u>    | <u>27</u>  | <u>28</u>                         | <u>29</u> | <u>30</u>    | <u>31</u> |
|                 | NO CLASS     | 9:30am – Lynda<br>5:30pm – Karen in studio only*** | 5:30pm – Sound Healing/Reiki \$25 |           | 9:30am - Joe |           |

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**Karen Catalano** – [kareninnerspace@aol.com](mailto:kareninnerspace@aol.com) \*\*\* in Studio Only

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**