

Yoga For EveryBody

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Oct 29</u>	<u>30</u> 4:00pm - Lynda 5:30pm - Joe	<u>31</u> 9:30am - Lynda 5:30pm - Karen	<u>1</u> 5:30pm - Joe	<u>2</u> 9:30am - NO CLASS	<u>3</u> 9:30am - Joe	<u>4</u>
<u>5</u>	<u>6</u> 5:30pm - Joe	<u>7</u> 9:30am - Lynda 5:00pm - Lynda 5:30pm - Karen	<u>8</u> 5:30pm - Joe	<u>9</u> 9:30am - Lynda	<u>10</u> 9:30am - Joe	<u>11</u>
<u>12</u>	<u>13</u> 5:30pm - Joe	<u>14</u> 9:30am - Lynda 5:00pm - Lynda 5:30pm - Karen	<u>15</u> 5:30pm - Joe	<u>16</u> 9:30am - Lynda 5:45pm - Sound Healing/Reiki LMJ \$20	<u>17</u> 9:30am - Joe	<u>18</u>
<u>19</u>	<u>20</u> 5:30pm - Joe	<u>21</u> 9:30am - Lynda 5:00pm - Lynda 5:30pm - Karen	<u>22</u> 5:30pm - Joe	<u>23</u> Thanksgiving Day No Class	<u>24</u> 9:30am - NO CLASS	<u>25</u>
<u>26</u>	<u>27</u> 5:30pm - NO CLASS	<u>28</u> 9:30am - Lynda 5:00pm - Lynda 5:30pm - Karen	<u>29</u> 5:30pm - Joe	<u>30</u> 9:30am - Lynda 5:45pm - Sound Healing/Reiki LMJ \$20	<u>December 1</u> 9:30am - Joe	<u>2</u>

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

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

Karen Catalano - kareninnerspace@aol.com ZOOM only

www.binghamtonyoga4everybody.com

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

All Sound Healings w/Lynda Michelle Jackie \$20