

# Yoga For EveryBody

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

# Nov. 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>October 26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	<u>1</u>
	5:30pm - Joe	9:30am – Lynda 5:30pm – Karen			9:30am – Joe	
<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
	5:30pm - Joe	9:30am – NO CLASS 5:30pm – Karen			9:30am - Joe	
<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>
	5:30pm – Joe	9:30am – CANCELLED 5:30pm – Karen			9:30am - Joe	*11am -Sound & Reiki
<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>
	5:30pm - Joe	9:30am – Lynda 5:30pm – Karen	*5:30pm – Sound & Reiki		9:30am - Joe	
<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>
	5:30pm - Joe	9:30am – Lynda 5:30pm – Karen		Thanksgiving	9:30am –NO CLASS	
<u>30</u>						

**Lynda Durst-Schmidt** - [LDYoga2@gmail.com](mailto:LDYoga2@gmail.com) ZOOM & Studio

**Joe Yezzi** – [jyezzi@stny.rr.com](mailto:jyezzi@stny.rr.com) Studio Only

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

Class Pricing - Drop in \$20

Paid in Advance 4 or more classes - \$15 per class

2 Classes per week with Joe - \$12 per class

**\*Sound Healing/Reiki \$25 per session**