www.binghamtonyoga4everybody.com

Yoga For EveryBody

WSKG Public Media
Bldg - Rear
601 Gates Road
Vestal, NY 13850

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 9:30am – Lynda **3:30pm – Karen new! 5:30pm - Karen	4 5:30pm – Joe	5	6 9:30am – Joe	7
8	9	10 9:30am – Lynda **3:30pm – Karen new! 5:30pm - Karen	11 5:30pm – Joe	12	13 9:30am - Joe	14
15	16	17 9:30am – Lynda **3:30pm – Karen new! 5:30pm - Karen	18 5:30pm – Joe	19 ***5:30 -Sound/Reiki w Lynda & Tammie $25***	20 9:30am – Joe	21
22	23 *5:30pm – Joe ***Note change***	24 9:30am – Lynda **3:30pm –Karen new! 5:30pm - Karen	25 5:30pm – NO CLASS - moved to Monday 11/23 this week	26 Thanksgiving Day	27 9:30am - Joe	28 ***11am – Sound/ Reiki w Lynda & Tammie $25***
29	30	December 1 9:30am – Lynda *3:30pm – Karen 5:30pm 0 Karen	2 5:30pm - Joe	3	4 9:30am – Joe	5

Lynda Durst-Schmidt - LDSyoga2@gmail.com **ZOOM & Studio**
Joe Yezzi – jyezzi@stny.rr.com **Studio Only**
Karen Catalano – kareninnerspace@aol.com **Studio Only**
** Karen has added a 3:30pm class on Tuesdays

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 Healings/Reiki Lynda and Tammie $25