

# October 2024

## Yoga For EveryBody

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sept 29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	5:30pm - Joe	NO Classes with Lynda <b>5:30pm -Karen***</b>	5:30pm - Joe	9:30am - NO CLASS	9:30am - Joe	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	5:30pm - Joe	9:30am - Lynda 5:00pm - Lynda 5:30pm - Karen	5:30pm - Joe	9:30am - Lynda 5:30 pm - Sound Healing/Reiki L/M \$20	9:30am - Joe	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	5:30pm - Joe	9:30am - Lynda 5:00pm - Lynda 5:30pm - Karen	5:30pm - Joe	9:30am - Lynda	9:30am - Joe	11am - Sound Healing with Lynda \$20
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	5:30pm - Joe	9:30am - Lynda 5:00pm - Lynda 5:30pm - Karen	5:30pm - Joe	9:30am - Lynda 5:30 pm - Sound Healing/Reiki L/J \$20	9:30am - Joe	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>November 1</b>	<b>2</b>
	5:30pm - Joe	9:30am - Lynda 5:00pm - Lynda 5:30pm - Karen	5:30pm - Joe	9:30am - Lynda		

**Lynda Durst-Schmidt** - [LDSyoga2@gmail.com](mailto:LDSyoga2@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) ZOOM only EXCEPT

\*\*\* **Tuesday 10/1 - 5:30pm class in Studio Only**

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 Healing and Reiki sessions are \$20