

Yoga For EveryBody

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

Oct 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Sept 28</u>	<u>29</u>	<u>30</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	5:30pm - Joe	9:30am – Lynda 5:30pm – Karen			9:30am – Joe	
<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>
	5:30pm – Joe	9:30am – Lynda 5:30pm – Karen		5:30 -7:30pm "Buffet of Meditation Practices" Karen*	9:30am - Joe	
<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>
	5:30pm – Joe Yes Class on Columbus Day!	9:30am – Lynda 5:30pm – Karen		5:30 -7:30pm "Buffet of Meditation Practices" Karen*	9:30am - Joe	11am – Lynda Sound & Reiki \$25
<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>
	5:30pm - Joe	9:30am – Lynda 5:30pm – Karen	5:30pm – Lynda Sound & Reiki \$25	5:30 -7:30pm "Buffet of Meditation Practices" Karen*	9:30am - Joe	
<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	<u>NOV 1</u>
	5:30pm - Joe	9:30am – Lynda 5:30pm – Karen			9:30am – Joe	

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

*A Buffet of Meditation Practices \$50 for 3 classes

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) **Studio Only**