Yoga For EveryBody

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

Sept 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
5:30pm – NO CLASS Labor Day	9:30am – Lynda 5:30pm – Karen			9:30am – Joe	
<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>
5:30pm - Joe	9:30am – Lynda 5:30pm – Karen			9:30am - Joe	11am - Sound Healing/Reiki \$25
<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>
5:30pm - Joe	9:30am – Lynda 5:30pm – Karen	5:30 pm – Sound Healing/Reiki \$25		9:30am - Joe	
<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>
5:30pm - Joe	9:30am – NO CLASS 5:30pm – Karen			9:30am - Joe	
<u>29</u>	<u>30</u>	October 1	<u>2</u>	<u>3</u>	<u>4</u>
5:30pm - Joe	9:30am – Lynda 5:30pm – Karen			9:30am – Joe	
			Class Pric	cing - Drop in \$20	
	1 5:30pm - NO CLASS Labor Day 8 5:30pm - Joe 15 5:30pm - Joe 22 5:30pm - Joe	1 2 9:30am - Lynda 5:30pm - Karen 8 9:30am - Lynda 5:30pm - Joe 5:30pm - Karen 15 16 9:30am - Lynda 5:30pm - Karen 22 23 9:30am - NO CLASS 5:30pm - Karen 5:30pm - Karen 30 9:30am - Lynda	1 2 3 9:30am - Lynda 5:30pm - NO CLASS Labor Day 8 9:30am - Lynda 5:30pm - Karen 15 9:30am - Lynda 5:30pm - Karen 15 9:30am - Lynda 5:30pm - Karen 5:30pm - Joe 22 9:30am - NO CLASS 5:30pm - Karen 23 9:30am - NO CLASS 5:30pm - Karen 29 9:30am - NO CLASS 5:30pm - Karen 29 9:30am - Lynda 5:30pm - Karen 29 9:30am - Lynda 5:30pm - Karen	1 2 3 4 9:30pm - NO CLASS	1 2 3 4 5 9:30am - Lynda 5:30pm - NO CLASS Labor Day 8 9:30am - Lynda 5:30pm - Joe 5:30pm - Joe 15 9:30am - Lynda 5:30pm - Karen 16 17 18 19 9:30am - Joe 5:30pm - Sound Healing/Reiki \$25 5:30pm - Joe 22 23 24 25 9:30am - Joe 5:30pm - Joe 25 9:30am - Joe 27 9:30am - NO CLASS 5:30pm - Karen 28 9:30am - NO CLASS 5:30pm - Karen 29 9:30am - Lynda 9:30am - Joe

Lynda Durst-Schmidt - <u>LDSyoga2@gmail.com</u> ZOOM & Studio Joe Yezzi – <u>jyezzi@stny.rr.com</u> Studio Only Karen Catalano – <u>kareninnerspace@aol.com</u> Studio Only Paid in Advance 4 or more classes - \$15 per class 2 Classes per week with Joe - \$12 per class Sound Healings/Reiki \$25