

Yoga For EveryBody

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

Sept 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>August 30</u>	<u>31</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
	5:30pm – Joe	9:30am – Lynda 5:30pm – Karen			9:30am – Joe	11am Sound Healing/Reiki \$25
<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
	Labor Day 5:30pm – Joe	9:30am – Lynda 5:30pm – Karen			9:30am – Joe	
<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
	5:30pm – Joe	9:30am – Lynda 5:30pm – Karen	5:30pm Sound Healing/Reiki \$25		9:30am – Joe	
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
	5:30pm – Joe	9:30am – JOE SUB 5:30pm – Karen			9:30am – Joe	
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>October 1</u>	<u>2</u>	<u>3</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 Healings/Reiki Lynda and Tammie \$25

Lynda Durst-Schmidt - LDyoga2@gmail.com ZOOM & Studio

Joe Yezzi - jyezzi@stny.rr.com Studio Only

Karen Catalano - kareninnerspace@aol.com Studio Only