



3/26/2026

Binghamton Yoga Spring Schedule

www.binghamtonyoga.com

● — Still ● — Steady — ● Flowing

<u>Sunday</u>	9:00 - 10:15 am	Therapeutic Yoga with Linda	— ●
	10:30 - 11:45 am	Yoga & Meditation with Emily	— ●
<u>Monday</u>	9:30 - 10:45 am	Therapeutic Yoga with Linda	— ●
	5:15 - 6:30 pm	Align & Flow with Jason	— ●
<u>Tuesday</u>	9:30 - 10:45 am	Align & Flow with Emily	— ●
	11:15 am - 12:15 pm	Gentle Hour with Emily	— ●
<u>Wednesday</u>	9:30 - 10:45 am	Restore Yoga with Emily	● —
	5:45 - 7:00 pm	Restore Yoga with Michele	● —
<u>Thursday</u>	9:30 - 10:45 am	Yoga & Meditation with Rebecca	— ●
	11:15 am - 12:15 pm	Gentle Hour with Rebecca	— ●
	5:45 - 7:00 pm	Slow Flow with Rebecca	— ●
<u>Friday</u>	9:30 - 10:45 am	Align & Flow with Jason	— ●
<u>Saturday</u>	8:30 - 9:45 am	Align & Flow with Emily	— ●

