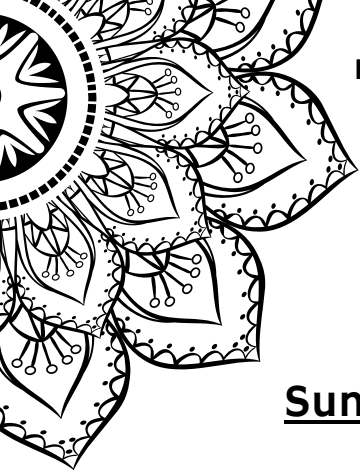




11/30/2025

Binghamton Yoga Fall Schedule

www.binghamtonyoga.com

● — Still ● — Steady — ● Flowing

Sunday

9:00 - 10:15 am

Therapeutic Yoga with Linda

● —

10:30 - 11:45 am

Yoga & Meditation with Emily

● —

Monday

9:30 - 10:45 am

Therapeutic Yoga with Linda

● —

5:15 - 6:30 pm

Align & Flow with Jason

— ●

Tuesday

9:30 - 10:45 am

Align & Flow with Emily

— ●

11:15 am - 12:15 pm

Gentle Hour with Emily

— ●

Wednesday

9:30 - 10:45 am

Restore Yoga with Emily

● —

5:45 - 7:00 pm

Restore Yoga with Michele

● —

Thursday

9:30 - 10:45 am

Yoga & Meditation with Emily

● —

11:15 am - 12:15 pm

Gentle Hour with Emily

● —

Friday

9:30 - 10:45 am

Align & Flow with Jason

— ●

Saturday

8:30 - 9:45 am

Align & Flow with Emily

— ●

