10/17/2026

Binghamton Yoga
Fall Schedule

www.binghamtonyoga.com



Sunday	9:00 - 10:15 am	Therapeutic Yoga with Linda
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
	5:45 - 7:00 pm	Slow Flow with Rebecca
Wednesday	9:30 - 10:45 am	Yin to Restore with Pam
	5:45 - 7:00 pm	Slow Flow + Yin with Sarah
Thursday	9:30 - 10:45 am	Yoga & Meditation with Rebecca
	11:15 am - 12:15 pm	Gentle Hour with Rebecca
Friday	9:30 - 10:45 am	Align & Flow with Jason
Saturday	8:30 - 9:45 am	Align & Flow with Rebecca