



530 S Bradford Ave
West Chester, PA 19382

WEEKLY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vinyasa (rotation) 8:30-9:30 am	Vinyasa (Leah) 9:30-10:30 am	Hatha (Ian) 9:30-10:45 am	Hatha (Leah) 9:30-10:45 am	Gentle (Jamie) 5:30-6:30 am	Gentle (Leah) 10-11 am	Hatha (rotation) 10-11 am
Hatha (rotation) 10-11 am	Hatha (Jamie) 5:00-6:00 pm	Yin (Erin) 6:30-7:30 pm	Gentle (Jamie) 12:30-1:30 pm	Hatha (Leah) 9:30-10:45 am	Noon Flow (Jamie or Leah) 12:30-1:30 pm	
Sunday Specials* 11:15-12:15 pm			Vinyasa (Elizabeth) 6:30-7:30 pm	Hatha (Leah) 6:30-7:30 pm	3rd Fridays only: Restorative + Pranic Healing (Leah & Jamie) 6-7:30 pm	

Sunday Specials:

First: Meditation (Nadine)

Second: Sound Bath (Elizabeth)

Fourth: Kirtan (Lenny)

Sign up now!



Advance booking required. Most classes limited to 10 students.

Schedule Subject to Change. Please scan QR Code for most updated availability.