



Effective January 2025

530 S Bradford Ave
West Chester, PA 19382

WEEKLY SCHEDULE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Hatha
(rotation)
9:30-10:30 am

Sound Bath
(Megan)
2nd Sunday only
11-11:45 am

Kirtan (Lenny)
4th Sunday only
11-11:45 am

Yoga for
EveryBody (Judy)
6:30-7:30 pm

Vinyasa (Leah)
9:30-10:30 am

Hatha (Elizabeth)
6:30-7:30 pm

Strength & Flow
(Lauren)
6:30-7:30 am

Vinyasa (Monica)
9:30-10:30 am

Vinyasa (Jamie)
5-6 pm

Yin (Jamie)
6:30-7:30 pm

Vinyasa (Monica)
6:30-7:30 am

Hatha (Leah)
9:30-10:30 am

Gentle (Leah)
5-6 pm

Vinyasa (Leah)
6:30-7:30 pm

Gentle (Jamie)
5:30-6:30 am

Vinyasa (Lauren)
9:30-10:30 am

Vinyasa (Marie)
9:30-10:30 am

Gentle (Leah)
11-12 pm

Donation Class
3rd Friday only
(rotation)
5-6 pm

Vinyasa
(rotation)
9:30-10:30 am

Tarot (Caitlin)
*3rd Saturday
only*
1-3 pm

Sign up now!



the first weekend which includes a Friday

Advance booking required. Most classes limited to 10 students.
Schedule Subject to Change. Please scan QR Code for most updated availability.