

Turks Head Yoga

WEST SCHEDULE

780 Miles Rd. in West Chester, PA 19380

Monday

9:30 - 10:45 am Prana Yoga - Deanne
6:00 - 7:15 pm Prana Yoga - Colleen
7:30 - 8:45 pm Healthy Backs - Deanne

Tuesday

9:30 - 10:45 am Classical Yoga - Dawn
6:00 - 7:15 pm Classical Yoga - Dawn
7:30 - 8:45 pm Vinyasa - Annawyn

Wednesday

9:30 - 10:45 am Prana Yoga - Deanne
6:00 - 7:15 pm Yoga Strong - Deanne
7:30 - 8:45 pm Rejuvenate & Relax - T.J.

Thursday

9:30 - 10:45 am Healthy Backs - Deanne
6:00 - 7:15 pm Gentle Hatha - Deanne
7:30 - 8:45 pm Alignment with Flow - Bill

Friday

9:30 - 10:45 am Classical Yoga - Dawn

Saturday

9:00 - 10:15 am Super Stiff & Beginners - Colleen
10:30 - 11:45 am Prana Yoga - Asha

Sunday

9:30 - 10:45 am Super Stiff & Beginners - Sarah
11:00 am - 12:15 pm Prana Yoga - Deanne

An up-to-date schedule is always available at www.turksheadyoga.com !