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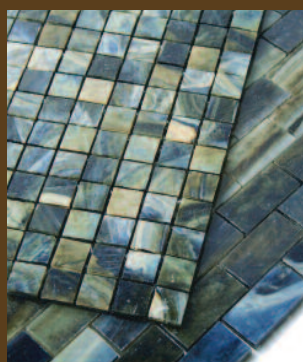
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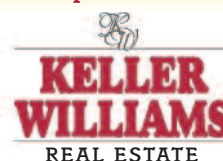


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Coach Thyself: When Healthcare Doesn't—Care

Many of us go through periods of affliction. An accident, a lingering sickness, environmental toxins, or maybe just the adjustments of natural aging—we all face these. But we live in a wonderful time for such episodes as these. Never has there been more exact and detailed knowledge of the workings of the human body. Right down to the molecular level, there are professionals who know a great deal about each little organ or cell. But there's a paradox. The training and attitudes of so many of these professionals, the pressures they face working in a dysfunctional delivery system—these very often prevent that wonderful knowledge from actually getting us well.

So what do we do when healthcare can't really care? How do we get the benefit of this knowledge when it's needed, yet avoid the risks, dependencies, and even increases in disease that stem from a deeply flawed approach to real health? As a wellness coach, I am partnered with people facing these issues every day. In these articles, I try to share with you what's working for us.

A great many mainstream healthcare providers, and some alternative ones as well, think a certain way. What's ailing you is pretty much a mechanical problem. Some parts are limping or failing. The job is to find them and retune, repair, or replace them. But whether the parts are chakras or kidneys, that's what will fix you. While understandable, this single-minded focus on finding broken parts is out-of-touch. Not always, but at times—it's just plain wrong. It works great for maintaining automobiles

and toasters, but it fails too often in understanding economies, ecosystems, the weather--and oh, by the way, human health.

Unlike car engines, we exhibit what are called "emergent properties." That is, simply adding together behaviors observed in our isolated parts does not tell doctors what the whole is going to do. Our parts change their tunes unexpectedly in response to what other parts are doing. Imagine pushing five piano keys at once, expecting to hear a simple chord. And suppose what came out sounded like a little fugue. Hey! How did that happen? Turns out some of the notes didn't like playing at the same time as other ones—so they took turns. That's an emergent property.

The solution here is easy, actually. To exacting knowledge of our parts must be added some serious attention to the whole. Remember the parable of the blind men and the elephant? In terms of your health, beyond your body, that whole includes most importantly your everyday feelings as they react to what's meaningful in your life. One guideline is very simple. Whether it's love, family, work, or even much needed rest--your body responds best to what really fulfills you.

Now who's in the right position to know about, not just your body, but this whole, feeling self that's so crucial here? Who's the likeliest expert on that? It has to be you, right? In the old days, a family doctor, like a wellness coach now, would partner with you--the expert on your wholeness. And the time-tested tools employed would be not just physiology, but also intuition, heart-centered concern, and mutual

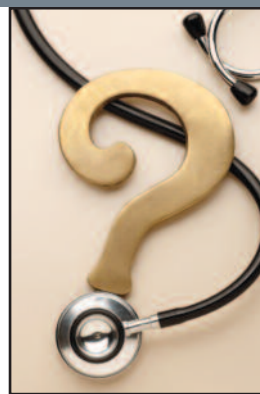
awareness of the mixed joys and challenges unique to you.

Nowadays, if you're not "fixed" on the first pass, our system sends you off to a "specialist." Instead of putting the elephant together, and looking for those emerging interactions, now they'll start taking the tail apart. Sometimes that's right. But sometimes it's a wild goose chase, or a "cure" that just pushes disorder from the tail to the lower back. To get the most in real healing from your healthcare, stay aware of this principle of "integrative" science. Without some sense of the whole, delving deeper into the parts can be misleading. Look also in the other direction.

Seek out providers that do cultivate at least some form of heart-centered connection with you. Think carefully about how much energy you put into "risk factors," early diagnosis of "preconditions," and specialized exploratory testing. These are challenged increasingly for leading to unnecessary treatments, and not saving lives. They focus your time and attention on negative outcomes, which can function like the placebo effect in reverse. And they may lead directly away from the more holistic issues that most influence your condition.

Though it's a bit of a challenge at times, we can have the best of both worlds these days—both the whole-person focus, and the vast store of knowledge. But you do have to be proactive, and take some responsibility for your own wellness. ▲

¹Welch, Schwartz, and Woloshin, *Overdiagnosis—Making People Sick in the Pursuit of Health*, Boston: Beacon Press, 2011.



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HealthWorks 856-854-4468 786 Haddon Ave Collingswood NJ 08108
Natural Health 856-784-1021 Blackwood NJ 08012
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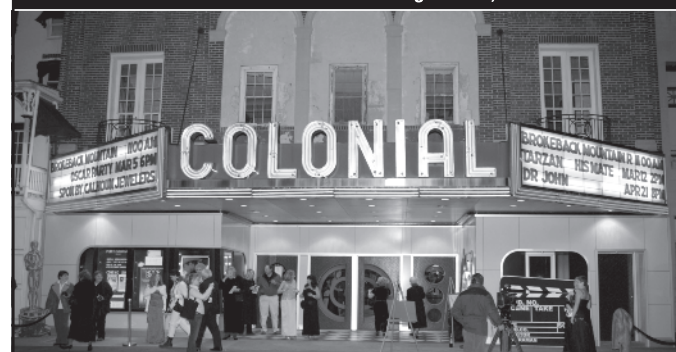
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A VISIT TO THE Korean Spa

INTERNATIONAL SPA VACATIONS MAY NOT BE WITHIN EVERYONE'S BUDGET, but a visit to a Korean Sauna can provide the mental stimulation of visiting another culture along with an earthy and rejuvenating spa experience, and all for a very reasonable price.

Common treatments include a full body exfoliation, massage, facial, shampoo and conditioning, coupled with hydrotherapy tubs of differing temperatures, and dry and wet saunas. After treatments, time may be spent in radiantly-heated rooms, exotically named for the stones that are embedded along the walls and floors or by the herbs found in special water preparations.

Bathhouses used to be found on every street corner in Korea and were social centers as well as necessary to hygiene. With the advent of modern plumbing, they became obsolete, but smart business owners made them into luxury spas and retreats. Some Korean companies even conduct business meetings with their executives in these venues as they encourage camaraderie and open sharing of ideas. Here in the U.S., Korean Saunas vary from the rather humble to full luxury accommodations that are open until the wee hours of the morning.

You should be aware that you will be unclothed for your entire visit. Men and women have separate sessions, although there can be arrangements made for couples to enjoy the services together. After obtaining a storage locker, towel and robe, you enter the treatment areas where the first order of events is to shower. In the Korean Sauna, this means getting a stool,

soap and a basin. Sitting on the stool, you fill the basin with water and then soap and wet your body thoroughly.

The hydrotherapy areas are shared so you want to be clean, but there is also a meditative quality to careful washing and attention to all your body parts that prepares you for further immersion. Next is a visit to the hot tub to further warm your body. After spending a relaxing fifteen minutes in the hot tub we took a dip in the cold tub which had water cascading into the center of the pool. It felt refreshing and prepared us for the steam room.

Being sensitive to heat, I spent less time in the steam room than my friends. Know your limitations! If you start to feel dizzy or your heart starts racing, simply exit the room, drink some water and cool down a bit. After the wet sauna and a slight cool down period, it was time for the dry sauna and then, our exfoliation and massage appointments.

I have never felt anything like the exfoliation treatment before the massage. The masseuses, sporting the traditional black bikini, scrubbed every inch of my body with abrasive hand mitts. Dead skin flew off and was periodically washed from my body and the table with pails full of warm water. I have never felt quite so clean, and couldn't stop stroking my own skin and wondering at the softness!

Make sure you bring a water container and keep hydrated! I refilled my water bottle with spring water provided by the sauna several times. You may wish to bring your own hair, face and body products. We brought a yummy pre-shampoo conditioner and shower caps to take advantage of the extreme

heat to sink the product deeply into the hair and scalp. We also brought body oil for the massage and special face cream for the facial. The masseuses, whom we addressed as Ojima, an equivalent of Ma'am, happily used the body and hair products we brought with us.

In some Korean Saunas, the sauna rooms are little clay domes called Han Jeung Mak, where traditional healers used to perform acupuncture and other healing techniques. Some Han Jeung Mak are decorated with stones and gems such as amethyst or may contain sea salt, the herb mugwort,* sand or mud, overlain by cloth.

My first experience was with a Korean American friend who guided us through a process which may otherwise have been a bit intimidating because of the language barrier and expectations that certain protocol are followed. My hope is that this article will similarly guide you into feeling comfortable in planning your own Korean Sauna experience. It is well worth any momentary feelings of being out of your element. I emerged from an afternoon's visit feeling refreshed and renewed; as if I'd been immersed in a watery, womb-like dream and was ready once again to face the world – but, not before a healthy vegetarian Korean meal, often available at the Sauna's themselves or at a nearby restaurant! ▲

*There is a wonderful Korean creation myth involving this traditional herb: A heavenly prince who loved and governed Korea gave a bear and tiger (who both really wanted to be human) 20 bulbs of garlic and some mugwort. They went into a cave for a year, the tiger got tired and bored and left while the bear came out a woman. She was lonely and prayed for another human. The heavenly prince heard her prayers, became a man for a bit and she later gave birth to the first Korean King.

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Clutter

is a State of Mind;



“Change happens slowly, then all at once.”

– Author Unknown

SPACIOUSNESS?!? YOU’VE GOT TO BE KIDDING. I can’t even get past the piles of paper and the junk in my basement, let alone talk about spaciousness!” This is what many of my clients and students are saying, or at least thinking about, when I go into my song-and-dance spiel on the bigger picture. Do any of these thoughts ring true for you?

- No matter how hard I try, I just can’t seem to manage the sheer volume of stuff.
- I’ve bought the books on clutter clearing; I’ve smudged my entire house with sage; I’ve practiced some of the suggestions on simplifying that I read in *Real Simple*; I’m hooked on TV’s *Clean Sweep*...but my clutter just creeps on back, like a nasty weed.
- It’s easy for me to get rid of stuff, it’s my husband (wife, mom, child...) who has a hard time letting go of things, or, [variation] who *doesn’t even see* the piles.
- I’ve spent gobs of money on closet systems, containers and baskets, professional organizers, even therapy...but my clutter remains a source of pain, shame, and embarrassment.
- My office desk is perfect. My desk at home is a disaster.
- I’m a neatnik. I control my chaos with order.
- What will become of me if I let this thing (thought, relationship, resistance, worry, status symbol) go?
- My stuff needs me.

You’re not alone. Despite the proliferation and popularity of how-to books, magazines, make-over reality television shows, feng shui cures, closet organizing services worth billions of dollars a year, and a self-storage industry that is bigger than McDonald’s, Burger King, and Wendy’s combined, clutter continues to grow, quickly becoming one of the biggest epidemics of our time. There is no denying that our stress and our stuff is burying us alive!

Underlying the dizzying facts is the unrelenting message that if we simply banish this curse we will finally find true heaven on earth. The standard view sees clutter as a “thing” that is separate from us: a nuisance or growth that we must extract, conquer, outwit, or reorganize back into orderly piles. And, like a strict diet that must be endured, clearing is considered about as compelling as a root canal.

Clearing

is a Way of Being

So what gives? With all the attention given to the problem, why is it that our homes and lives are still so stressed, stuck, and out of balance? What’s missing from this equation?

As we have touched upon already, clutter is not separate from us, and neither is it “who we are”. Yes, it shows up in our life as a physical nightmare of unsightly piles and disorganized messes (or in my case, as controlled chaos). But if you really think about it, clutter didn’t begin that way. Clutter didn’t just crawl into the house all by itself.

What most clearing modalities do not recognize is that clutter—*before* it becomes something tangible that spills out of our closet or trips us in the basement—exists in another, more invisible form.

Clutter has to begin somewhere. That somewhere is a gestational unit with a built-in continuous “on” switch called the human mind. Our negative thoughts and our fear-based attitudes beget clutter, and that clutter spawns more clutter, thanks to the universal laws of attraction and resonance. How you construct your life, and with what and whom you choose to surround yourself, *out there*, has everything to do with what is going on—*in here*—in your mind. There is no separation.

Most traditional approaches do not consider the energetic impact of clearing, no matter how miniscule the task or effort. The fact is, clearing anything consciously and gently creates an energetic opening—a spaciousness—that works on us slowly and surely to soften our grip of attachments. You are more likely to throw in the towel just when things are beginning to shift, quietly, under the radar of any discernable progress. You might lose faith precisely when you should *not* be giving up and giving in to the agitations of the ego—the part of you that is only concerned with your comfort and keeping things the way they are.

What most people do not recognize is that the simple act of clearing one little thing with intention, every day, is more powerful and sustainable than binge-clearing a whole lot of things on the fly. By consistently clearing something small like a purse, a wallet, or even just one paper clip off your chronically messy desk, you can bypass your brain’s fight-or-flight wiring system to such a degree as to create a sea change—a clearing movement of global proportions!

Another reason why many methods of clearing and organizing do not work is that they promote an active and linear process of clearing, like a problem to be fixed, managed, or solved. In our Western culture where “action” reigns supreme, if we can’t “do something” or make something happen, *now*, then we are wasting our precious time. Going slowly and waiting to see what happens is a hard sell for those looking for immediate results. These linear approaches completely dismiss, and miss, the equally powerful receptive elements of clearing that invite us to slow down, allow, listen, surrender, feel, soften, *let go*.

Most clearing efforts do not make room for us to feel our feelings, honor our ebbs and flows, create a container of safety, embrace our shadow side, or allow us to be more compassionate with ourselves. The *modus operandi* focuses on the end result, not the journey; on our intellect, not our innate wisdom; on throwing away, not letting go.

Until we begin to make a shift in our mindset that recognizes and embraces and includes the feminine aspects of clearing, we will not begin to change our lives, nor bring change to the planet. It is, in fact, this more balanced treatment that takes us beyond clutter—freedom into the vaster territory of our most spacious self. ▲

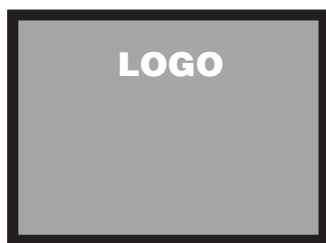


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Empowered Yoga 302-654-YOGA 230 EastMain Street, Newark, De. 19711
Empowered Yoga 302-654-YOGA 2000 Pennsylvania Ave Wilmington DE 19806
The Awareness Center 302-738-7006 280 East Main Street Suite 109 Newark DE 19711
The Awareness Center at Fit 302-777-4348 62 Rockford Rd Wilmington DE 19806
Tulaa Yoga 302-478-YOGA 3100 Naamans Road, Wilmington, DE 19810
Very Near Yoga Studio 302-777-3484 1301 Gilpin Ave Wilmington DE 19806
Yoga U 302-368-4440 2900 Concord Pike Wilmington DE 19803

HEALTH FOOD STORES

Back To Nature Health Food Store 302-328-5504 835 Pulaski Hwy Bear DE 19701
Country Health Store 302-995-6620 2199 Kirkwood Hwy Wilmington DE 19805
Francine's Community Market 302-239-3737 6149 Lancaster Pk, Hockhessing DE 19707
Goodnews Natural Foods 302-730-1910 739 S. Governors Ave, Dover, DE 19904
Harvest Market Natural Foods 302-234-6779 7411 Lancaster Pike Hockessin DE 19707
Mona's Health Foods Inc 302-475-5185 1802 Marsh Rd Wilmington DE 19810
Natural Evolution 302-893-4941 1715 Delaware Ave, Wilmington, DE 19806
Newark Co-Op Natural Foods Market 302-368-5894 Newark DE 19711
Newark Natural Foods 302-368-5894 280 E Main St Newark DE 19711

COMMUNITY SUPPORTED AGRICULTURE

Coverdale Farm Delaware Nature Society 541 Way Rd., Greenville, DE 19807
302-239-2334 x143 michele@dnsashland.org
Sandom Branch Farm John P. McMillin 160 Blackbird Greenspring Road
Blackbird Forest Smyrna, DE 19977, PA 302-376-7847 sandombranch@aol.com
Sharon's Natural Gardens Sharon and Kent Carson 8887 Blackbird Rd.,
Delmar, DE 19940 (302) 846-2571

FARMERS MARKETS

Bethany Beach Farmers' Market PNC Bank Garfield Pkwy & PA Ave. Bethany
Beach, DE 19930 Sun 8 am-Noon
Brandywine Urban Farmers' Market 12th & Brandywine St. Wilmington, DE 19801
Mon & Thurs Noon-4pm
CAMP F.R.E.S.H. Community Garden Howard High School of Technology 401 E.
12th Street Wilmington, DE 19801 Mon & Thurs Noon-4 pm
Carousel Park Equestrian Ctr 3700 Limestone Rd Wilmington, DE 19808 Fri 2pm-6 pm
Delaware State U. Administration Parking Lot Dover, DE 19901 Sat 10 am-2 pm
Historic Lewes #1 - Lewes Historical Society Complex 110 Shipcarpenter Street
Lewes, DE 19958 Richard A. Shields Elementary School 910 Shields Ave. Lewes,
DE 19958 Sat 8 am-Noon
Legislative Mall Legislative Ave Dover, DE 19901 Weds 11am-2pm
Middletown Forest Presbyterian Church Middletown, DE 19709 Sat 8 am-1 pm
Little Italy Neighborhood Assoc 7th St & Bancroft Pkwy Wilmington, DE 19899
Sat 8 am-Noon
Wilmington Rodney Square East 9th & 11th St Wilmington, DE 19899 Weds 10 am-2 pm
Wilmington Hospital Campus Wilmington Hospital 501 W. 14th Street Wilmington, DE 19801
Mon & Thurs Noon-4 pm

NEW JERSEY

ATLANTIC COUNTY

NJ Yoga Zone 609-822-5800 7809 Ventnor Ave, Margate, NJ 08402
Yoga Nine 609-404-0999 45 S New York Smithville Town Ctr Smithville NJ 08201

BURLINGTON COUNTY

Dragonfly Yoga At Pilates Core Ctr 856-985-0900 176 Rt 70 Medford NJ 08055
Indigo Moon 230 North Maple Ave. Marlton, NJ 08053 856-267-5506
Studio for Yoga 856-430-1116 101 E Main St Moorestown NJ 08057
Yoga Cntr Of Medford 609-654-9400 128 Rte 70 (Medford Plaza) Medford NJ 08055
Yoga To Go 609-284-0298 114 Creek Road Mt Laurel NJ 08054

CAMDEN COUNTY

Bliss Body Studio 856.261.0554 616 Collings Ave, Collingswood, NJ 08107
Katz JCC 856-424-4444 1301 Springdale Rd Cherry Hill NJ 08003
Live in Joy Yoga 856-546-1006 118 W. Merchant Street Audubon, NJ 08106
Lourdes Wellness Center (856) 869-3125 900 Haddon Avenue, Suite 100, Collingswood, NJ 08108
Pilates Core Center 856-985-0900 1919 Greentree Rd, Cherry Hill, NJ 08003
PureFlow Yoga Center 856-833-YOGA 130 Haddon Ave Westmont NJ 08108
Still Point Yoga Ctr 856-227-0999 104A S Blackhorse Pk Blackwood NJ 08012
Sweat Shop Studio 856-414-1445 510 N. Kings Highway Cherry Hill, NJ 08034
Wellspring Ctr For Yoga 856-662-4100 19 N Centre St Merchantville NJ 08109
Yoga Center of Haddonfield 856-428-9955 20 Haddon Ave Haddonfield NJ 08033
Yoga For Living 856-404-7287 1926 Greentree Rd, Cherry Hill, NJ 08034
Yogawood 856-858-YOGA 688 Haddon Ave Collingswood NJ 08108

CAPE MAY COUNTY

Balance Pilates & Yoga Studio, 609-884-3001, 600 Park Blvd, Cape May, NJ 08042
Devi Yoga Center 609-886-0234 103 S Railroad Ave Rio Grande NJ 08242
Dragonfly Wellness 609-465-4200 106 N. Main St. (Rt 9) Cape May Court House, NJ 08210
Just Breathe Yoga, 609.408.8971 14S. Route 9 Cape May Court House, NJ 08210
Metta Yoga 609-465-6686 706 Dias Creek Rd Cape May Court House NJ 08210
Shanti Yoga Institute 609-399-1974 943 Central Ave Ocean City NJ 08226
Shape Progressive Fitness 609-368-6900 9407 2nd Ave Stone Harbor NJ 08247
Sol Luna Yoga Studio 609-368-0222 2819 Dune Dr Avalon NJ 08202
Yoga at the Beach 609-884-5339 543 Bank St Cape May NJ 08204
Yoga & Wellness Ctr 609-886-0324 103 S Railroad Ave Rio Grande NJ 08242

GLOUCESTER COUNTY

Experience Yoga Studios 856-232-3939 5851 Rt 24 S Turnersville NJ 08012

MERCER COUNTY

One Yoga & Wellness Center 609-918-0963 405 Rt 130N Lwr Lvl East Windsor NJ 08520
The Yoga Studio at Pennington 609-818-9888 114 W Franklin Ave Pennington NJ 08534

OCEAN COUNTY

Living Water Yoga 732-736-7373 40 Robbins St Toms River NJ 08753

SOMERSET COUNTY

Princeton Ctr for Yoga & Hth 609-924-7294 50 Vreeland Dr Ste 506 Skillman NJ 08558
Simply Yoga 609-924-7751 4437 Rte 27 Kingston NJ 08528
Studio Zen 908-431-7787 381 Triangle Rd Hillsborough NJ 08844
Yoga Above 609-613-1378 80 Nassau St Princeton NJ 08542
Yoga4You 973-224-1619 Old Lafayette Village Lafayette NJ 07848

WARREN COUNTY

Awakening Point 908-852-9642 190 Mountain Avenue Hackettstown NJ 07840



108 W. Merchant Street
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Yoga Directory

PENNSYLVANIA

BERKS COUNTY

downdog YOGA 610-373-7181 525 Reading Ave West Reading PA 19611
Healing Yoga 610-369-0831 1397 E Main St Douglassville PA 19518
Shri Yoga & Wellness Ctr 610-898-0505 1015 Penn Ave Ste 210 Wyomissing PA 19610
Yoga Inlet 610-376-2881 734 Penn Ave, West Reading, PA 19611
Yoga In Kutztown 610-683-3406 136 Noble St Kutztown PA 19530
Yoga Unlimited 610-777-1303 30 E Lancaster Ave Reading PA 19607

BUCKS COUNTY

Ash Mill Healing Arts Center 215-589-2218 2944 Ash Mill Road, Buckingham, Pa 18902
Dragonfly Yoga Studio 215-622-4612 360 N Broad St Ste 100B Doylestown PA 18901
Flip Dog Power Yoga 215-794-3494 4612 Hughesian Dr. Buckingham PA 18912
Integrative Fitness Solutions 215-321-7003 301 Oxford Valley Rd Ste 803A Yardley PA 18966
Khalsa Healing Arts Center 215-321-0305 1 S Main St. Yardley, PA 19067
Prancing Peacock 267-679-0791 524 Stony Hill Rd Yardley PA 19067
Prasad Yoga 215-355-3224 Southampton Shp Ctr 516 2nd St Pk Southampton PA 18966

Rebyoga 267-885-5222 5340 Durham Road Pipersville, PA 18947

Saraswati River Yoga 215-794-1890 74 Pdlrs Village Rd Lahaska PA 18938
SBC Foundation 215-639-3345 1320 Butterfield Lane Bensalem PA 19020
Shine Yoga Center 267-221-0980 601 W. Market St. Perkasie PA 18960
Silver Lake Nature Center 215-785-1177 1306 Bath Rd Bristol PA 18940
Starr Yoga 215-489-8898 104 E Ashland St Doylestown PA 18901
Studio 116 267-374-2785 116 East Broad St Quakertown PA 18951
The Tree House 215-862-2200 419 South York Rd. New Hope PA 18938
The Yoga Studio At Cornerstone 215-794-3700 740 Edison-Furlong Rd Furlong PA 18925
Warminster Parks & Rec 215-443-5428 1101 Little Ln, Warminster, PA 18974
Yogaphoria 215-862-4041 540 Union Square Drive New Hope PA 19838
Yogasphere 215-579-6130 18 Swamp Rd 3rd Fl Newtown PA 18940
Yoga Tree 215-896-1381 516 W. Walnut St., Perkasie, PA 18944

CHESTER COUNTY

YogaLife Institute www.yogalifeinstitute.com (610) 688-7030
Dr. Bob Butera's Classical Yoga: Gentle, Vigorous, Kids Classes
111 Lancaster Avenue suite G Devon PA 19333

At Home Yoga with Kids 484-873-2216 Exton PA 19341
Bikram Yoga Main Line 610-640-9642 511 Old Lancaster Ave Berwyn PA 19312
The Center on Central 610-710-1487 24 W Central Ave, Paoli, Pa 19301
Dibellayoga 610-578-0733 31 Plank Ave Paoli PA 19301
Free Spirit Yoga 610-644-6857 2505 Winterbridge Lane West Chester PA 19382

Gateway Bodyworks & Well Ctr www.gatewaybodyworks.com 610-933-5459

Hari Aum Mandir 484-357-7536 348 E Boot Rd Downingtown PA 19355
Healthy Directions 610-388-2657 337 Kennett Pike Chadds Ford PA 19317
Light Within Yoga Studio 484-643-0870 11 Exchange Place West Grove PA 19390

CHESTER COUNTY CONT.

Luna Yoga 610-517-0897 2208 Kimberton Rd, Kimberton, PA 19442
MainLine Pilates and Yoga 610-722-9522 1740 E Lancaster Ave Paoli PA 19301
Mitch's Market Street Gym 610-918-2900 322 W Market St West Chester PA 19382
Ocean Earth Wind Fire (610) 933-0725 122 Bridge St., Phoenixville, PA 19460
Power Yoga Works 610-889-YOGA 81 Lancaster Ave Malvern PA 19355
Sama Center 610-692-8082 1240 W Chester Pike Ste 207 West Chester PA 19382
Simply Yoga Studios 610-306-4730 598 Wharton Blvd Exton PA 19341
The Center: Health Yoga Arts 610-269-7171 15 Green St Downingtown PA 19335
The Spirit Of Yoga 610-429-0920 721 E Lancaster Ave Downingtown PA 19335
The Spirit Of Yoga 610-429-0920 525 E Gay Street West Chester PA 19380
Symmetry Yoga 610-431-8990 18 N Church St West Chester PA 19380
Temenos Retreat Center 610-696-8145 1564 Telegraph Rd Rt 162 West Chester PA 19382
Turks Head Yoga 484-467-4234 780 Miles Rd., West Chester 19380
Village Yoga 484.639.7602 3421 St. Peters Rd, St. Peters Villiage, PA 19470
YogaLife Institute 610-688-7030 111 Lancaster Ave, Devon, PA 19333

DELAWARE COUNTY

Amy's Yoga With A Heart 610-331-3796 623 W Lancaster Ave Wayne PA 19087
Barefoot Yoga 610-558-9944 377 Glen Mills Rd Thornton PA 19373
Belly Pilates 610-608-5883 25 Elliott Ave 2nd Flr Bryn Mawr PA 19010
Body Precision 610-520-2348 28 Garrett Ave Rosemont PA 19010
Bodyworks, Power Yoga Ctr 610-566-6280 135 E Baltimore Ave Media PA 19063
Dhyana Yoga Main Line Yoga 610-645-7900 66 Rittenhouse Place Ardmore PA 19003
Enso 610-892-9642 3198 W State St Media PA 19063
Focus Fitness of the Main Line 610-525-5515 1111 E. Lancaster Ave Bryn Mawr, PA 19010
Harmonia Healing Arts Spa 610-688-1007 413 E. Lancaster Ave, Wayne, PA 19087
Jai Yoga 610-324-3139 727 Montgomery Ave Narberth PA 19072
Pilates & More 610-687-6855 110 Gallagher Rd Wayne PA 19087
Self Mastery Yoga Programs 610-642-5621 833 Buck Ln Haverford PA 19041

TriYoga Center of Phila 301 West Chester Pk Ste 102 Havertown PA
www.mindbodyservices.com 610-664-6446 Classes by donation (seva)

Verge Power Yoga 610-971-0518 250 W Lancaster Ave Wayne PA 19087

LANCASTER COUNTY

Bikram Yoga 717-392-4200 1140 Elizabeth Avenue Lancaster PA 17601
Bikram Yoga Hershey 3003 Elizabethtown Rd Hershey PA 17033
Briala Bodyworks 717-396-1108 407 West Chestnut Street Lancaster PA 17603
Evolution Power Yoga 717-391-1060 398 Harrisburg Ave #250 Lancaster PA 17603
Radiance 717-290-1517 9 W Grant St Lancaster PA 17603
Yoga on Orange 717-392-3992 129 E Orange St 4th Floor Lancaster PA 17602
The Yoga Place 717-336-5299 922 N Reading Rd Ephrata PA 17522

LEBANON COUNTY

Yoga For You 717-867-4517 502 East Main Street Anneville PA 17003