

# May

S M T W T F S

## Growing with Trust

					1 CLOSED	2 Sound Scape 9 am
3 CLOSED	4 Wiser Women 9 am Echoes of Stillness 5 pm Yoga & Meditation 7 pm	5 CLOSED	6 Chair Yoga 9 am	7 Yoga & Meditation 5:30 pm Sound Scape 7 pm	8 Restorative Bliss 5 pm	9 CLOSED
10 Flower Agate Bloom 3 pm	11 Wiser Women 9 am Yinergy 5 pm Yoga & Meditation 7 pm	12 CLOSED	13 Chair Yoga 9 am Self-Love 5:45 pm	14 Yoga & Meditation 5:30 pm	15 The Reiki Sound Sanctuary 6 pm	16 Private Appointments
17 CLOSED	18 Wiser Women 9 am Unwind & Reset 5 pm Yoga & Meditation 7 pm	19 CLOSED	20 Chair Yoga 9 am Chakra Glow 5:45 pm	21 Yoga & Meditation 5:30 pm Sound Scape 7 pm	22 CLOSED	23 Restorative Bliss 9:15 am Boutique Open 11:30 am
24 CLOSED	25 CLOSED	26 CLOSED	27 Chair Yoga 9 am	28 Yoga & Meditation 5:30 pm	29 CLOSED	30 CLOSED

31  
[Growing with Trust](#)  
10 am

SIGN UP FOR SESSIONS AND  
EVENTS: [MYPURPLEMAT.COM](http://MYPURPLEMAT.COM)

 My Purple Mat, LLC

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