



My Purple Mat, LLC



my_purple_mat

August

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Gentle Alignment

1



2

Wiser Women
9 am
Echoes of Stillness
5 pm
Yoga & Meditation
7 pm

4

5

Chair Yoga
9 am

Self-Love
5:45 pm

6

Yoga & Meditation
5:30 pm

7

Restorative Bliss:
Aroma Yoga
5:00 pm

8

9

Tune Into You
3 pm

10

Wiser Women
9 am
Yinergy
5 pm
Yoga & Meditation
7 pm

11

12

Chair Yoga
9 am

Chakra Glow
5:45

13

Yoga & Meditation
5:30 pm

14

The Alignment
Within Retreat

15

The Alignment
Within Retreat

16

The Alignment
Within Retreat

17



18



19

Chair Yoga
9 am
Yoga & Meditation
5:30 pm
Sound Scape
7 pm

20



21



22



23

Harmonious Waves
4:00 pm

24

Wiser Women
9 am
Unwind & Reset
5 pm
Yoga & Meditation
7 pm

25

26

Chair Yoga
9 am

27

Yoga & Meditation
5:30 pm

28



29

Restorative Bliss:
Aroma Yoga
9:15 am

30

31

Wiser Women
9 am
Yinergy
5 pm
Yoga & Meditation
7 pm

SIGN UP FOR SESSIONS AND EVENTS:
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