



My Purple Mat, LLC



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July

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SIGN UP FOR CLASSES AND EVENTS: MYPURPLEMAT.COM

		1	2	3	4	5
			Chair Yoga 9 am - 10 am			
	Wiser Women 9 am - 10 am Yoga & Meditation 7 pm - 8 pm	Yinergy 5:00 - 6:15 pm	Chair Yoga 9 am - 10 am Self-Love 5:30 pm - 6:30 pm	Yoga & Meditation 5:30 - 6:30 pm Stretch & Sound 7 pm - 8 pm	Restorative Bliss: Aroma Yoga 5:00 pm - 6:30 pm	SereniTea 10 am - 12 pm
	Wiser Women 9 am - 10 am Echoes of Stillness 5 pm - 6 pm Yoga & Meditation 7 pm - 8 pm	Yinergy 5:00 - 6:15 pm	Chair Yoga 9 am - 10 am Unwind & Reset 11 am - 12 pm	Yoga & Meditation 5:30 - 6:30 pm	Sacred Roots 12 pm - 1 pm	
Grown Up & Me 11 am - 12 pm	Wiser Women 9 am - 10 am Yoga & Meditation 7 pm - 8 pm	Yinergy 5:00 - 6:15 pm	Chair Yoga 9 am - 10 am Self-Love 5:30 pm - 6:30 pm	Yoga & Meditation 5:30 - 6:30 pm Stretch & Sound 7 pm - 8 pm		Restorative Bliss: Aroma Yoga 9:15 am - 10:45 am
Unwind & Reset 8 am - 9 am Sacred Roots 12 pm - 1 pm	Wiser Women 9 am - 10 am Echoes of Stillness 5 pm - 6 pm Yoga & Meditation 7 pm - 8 pm	Yinergy 5:00 - 6:15 pm	Chair Yoga 9 am - 10 am Unwind & Reset 11 am - 12 pm	Yoga & Meditation 5:30 - 6:30 pm Sacred Roots 7 pm - 8 pm		