



My Purple Mat, LLC



my_purple_mat

August

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SIGN UP FOR CLASSES AND EVENTS:
MYPURPLEMAT.COM

1

Private
Appointments
& events only

2

Private
Appointments
& events only

3



4

Wiser Women
9 am - 10 am

Echoes of Stillness
5 pm - 6 pm

Yoga & Meditation
7pm - 8pm

5

NATIONAL NIGHT
OUT
CHARTLEY
SHOPPING CENTER
6:30 - 8:30 pm

6

Chair Yoga
9 am - 10 am

Self-Love
5:30 - 6:30 pm

7

Yoga & Meditation
5:30 - 6:30 pm

Stretch & Sound
7 pm - 8 pm

8

Restorative Bliss:
Aroma Yoga
5:00 pm - 6:30 pm

9

Yinergy
9 - 10:15 am
Boutique
Sale
12 - 4 pm

10

Boutique
Sale
1 - 5 pm

11

Unwind & Reset
5 - 6 pm
Yoga & Meditation
7 - 8 pm

12

Yinergy
5:00 - 6:15 pm
Chakra Glow
7- 8 pm

13

Chair Yoga
9 am - 10 am
Self-Love
5:30 pm - 6:30 pm

14

Yoga & Meditation
5:30 - 6:30 pm

15

Private
Appointments
& events only

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Whispers of
Silence
9 am - 12 pm

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Grown Up & Me
11 am - 12 pm

18

Wiser Women
9 am - 10 am

Echoes of Stillness
5 pm - 6 pm

Yoga & Meditation
7pm - 8pm

19



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Private
Appointments
& events only

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Restorative Bliss:
Aroma Yoga
9:15 am - 10:45 am

31

Whispers of
Silence
2 - 5 pm