



My Purple Mat, LLC



my_purple_mat

October

S	M	T	W	T	F	S
SIGN UP FOR CLASSES AND EVENTS: MYPURPLEMAT.COM			1 Chair Yoga 9 am - 10 am Self-Love 5:45pm - 6:45 pm	2 Yoga & Meditation 5:30 - 6:30 pm Stretch & Sound 7 pm -8 pm	3 Online Meditation 10:30 - 11:15 am	4
5 	6 Wiser Women 9 am - 10 am Echoes of Stillness 5 pm - 6 pm	7 Yinergy 5:00 - 6:15 pm Yoga & Meditation 7pm - 8pm	8 Chair Yoga 9 am - 10 am	9 Yoga & Meditation 5:30 - 6:30 pm	10 Restorative Bliss: Aroma Yoga 5:00 pm - 6:30 pm	11 Boutique Open 9 am - 12 pm
12 	13 Wiser Women 9 am - 10 am Yoga & Meditation 7pm - 8pm	14 Yinergy 5:00 - 6:15 pm	15 Chair Yoga 9 am - 10 am Chakra Glow 5:45 - 6:45 pm	16 Yoga & Meditation 5:30 - 6:30 pm Stretch & Sound 7 pm -8 pm	17 Online Meditation 12:00 - 12:45 pm	18
19 	20 Wiser Women 9 am - 10 am Unwind & Reset 5 pm - 6:15pm Yoga & Meditation 7pm - 8pm	21 Yinergy 5:00 - 6:15 pm	22 Chair Yoga 9 am - 10 am	23 Yoga & Meditation 5:30 - 6:30 pm	24 To Infinity & Beyond Meditation 5:30 pm	25 Restorative Bliss: Aroma Yoga 9:15 am - 10:45 am
26 Grown Up & Me 11 am - 12 pm	27 Wiser Women 9 am - 10 am Yoga & Meditation 7 pm - 8 pm	28 Yinergy 5:00 - 6:15 pm	29 Chair Yoga 9 am - 10 am	30 Yoga & Meditation 5:30 - 6:30 pm	31 Private Appointments & events only	