

April

Emerging with Ease

S	M	T	W	T	F	S
			1 Chair Yoga 9 am	2 Yoga & Meditation 5:30 pm Stretch & Sound 7 pm	3 Restorative Bliss 5 pm	4 Sound Scape 9 am
5 	6 Wiser Women 9 am Echoes of Stillness 5 pm Yoga & Meditation 7 pm	7 	8 Chair Yoga 9 am Self-Love 5:45 pm	9 Yoga & Meditation 5:30 pm	10 The Reiki Sound Sanctuary 6 pm	11 
12 	13 Wiser Women 9 am Yinergy 5 pm Yoga & Meditation 7 pm	14 	15 Chair Yoga 9 am Chakra Glow 5:45 pm	16 Yoga & Meditation 5:30 pm Sound Scape 7 pm	17 Private Appointments	18 Private Appointments
19 Private Appointments	20 Wiser Women 9 am Unwind & Reset 5 pm Yoga & Meditation 7 pm	21 	22 Chair Yoga 9 am <u>Sacred Roots: A Petrified Wood Journey</u> 5:45 pm	23 Yoga & Meditation 5:30 pm	24 	25 Restorative Bliss 9:15 am MPM Semi Social 12 - 3 pm
26 Private Appointments	27 Wiser Women 9 am Yinergy 5 pm Yoga & Meditation 7 pm	28 	29 Chair Yoga 9 am	30 Yoga & Meditation 5:30 pm	 My Purple Mat, LLC  my_purple_mat	

SIGN UP FOR CLASSES AND EVENTS: MYPURPLEMAT.COM